



College student's identity stolen

Many cases of identity theft go unnoticed until it's too late.

NEWS 3

Monday, January 20, 2003

Spoke

Congestoga College, Kitchener

Through the eyes of the ice man

Bill Gallagher is the person behind Victoria Park's ice rinks.

FEATURE 8

The long arm of the law

Congestoga's security team is concerned with more than just safety at the college.

NEWS 2

34th Year — No. 3



(Photo by Denis Langlois)

Fun in the sun

The allure of the warm sand and bright sun in Florida is almost too much for students to resist during this cold and snowy time of year. For story and photos turn to page 10.

Beer taps still flowing slowly at pub nights but fun times are ahead

By CARRIE HOTO

It was a night full of fun with music, dancing and drinks; all captured on free disposable cameras.

However, at the expose yourself-themed pub night in the Sanctuary, only 20 students showed up to join in the excitement.

The idea behind the expose yourself pub was for students to go to the Sanctuary and receive disposable cameras, care of Conestoga Students Incorporated (CSI). The CSI then collected the cameras to develop the pictures. The snapshots were posted in the Sanctuary for students to go look at and take the pictures they wanted. This was all provided free to students.

So, where was everybody?

"Because of the issues with the first two pubs, I think the students are still upset," said Jody Andruszkiewicz, events co-ordinator.

Issues included long lines to get drinks, which has been eliminated by buying beer tickets, and having more places to purchase alcohol in the Sanctuary.

Another reason why students may have been missing was, "They're all at Louie's," said Shannon Clarke, a first-year accounting student.

Loose Change Louie's, a bar in Waterloo, is known for hosting a popular post-New Year's party to welcome students back from the holiday.

"All I ask is that the students have faith that the bar will get better. We've listened to every single concern and we have certain agreements with companies until May," said Andruszkiewicz. "Once May hits we'll start re-evaluating. The bar we have was never meant to be a nightclub bar."

The students in attendance and some of the staff agreed that there needs to be a wider array of beer choices.

"Get a better selection of alcohol. Nobody likes Brick beer," said Vik Sandhi, a security guard at the pub.

"More people need to be here and Brick isn't exactly the best," said Cliff Boehmer, a second-year accounting student.

Andruszkiewicz said that the CSI is waiting until all contracts are up before changing anything within the pub. "We know what we have to change. Overall, we want to do a top to bottom on how we do our pub nights," he said, adding.

"Starting with inventory and product. Our students have requested a change and we are going to respond to that accordingly."

With only four months left of school, the CSI has seven more pub nights planned. There is one pub left in January, one in February, two in March and two in April. The January pub should be one to remember. The theme of the pub is the Traffic Light. The CSI will be handing out coloured leis; a red lei means off limits, a yellow lei means proceed with caution and a green lei means go ahead. The pub will be on Jan. 23.

In February, the CSI will be getting ready to head off to Daytona Beach for spring break with Breakaway Tours.

In honour of St. Patrick's Day on March 17, the CSI has two days planned to celebrate the Irish event. The first night will be held on March 13, which will be a salute to green beer, and the second date will be on March 17, and that will be a salute to Bailey's and Guinness. Both events will be held in the Sanctuary.

"If the students come back and support the student union we'll give them what they want," said Andruszkiewicz.

"The students might not see the changes this year, but they'll see it next year," he said, adding. "In the here and now we need them (students) to be patient with us."

Massive expansion in the works

By TORI SUTTON

Officials at Congestoga College are waiting for word from city council and the provincial government regarding funding to help deal with the double cohort.

At the Jan. 13 college council meeting, President John Tibbits and Kevin Mullan, vice-president of finance and administrative operations, outlined potential building projects the college has been considering to help deal with the influx of students graduating under the double cohort.

Although many people assume the first year of the double cohort will be the worst, Mullan quoted numbers from the province saying only 6,900 more students will be coming to Ontario's colleges as a result of the larger than usual graduating class next year. The biggest rush will be September 2004 when 21,000 are expected to flood the schools. Sixteen thousand are expected in 2005 and 10,000 in 2006, while the numbers will start trickling down in 2007.

Tibbits told the councillors the rapid demographic growth of our area and the college's new degree programs will be putting even more of a strain on the school. In order to keep with the times, Tibbits said the college plans to expand if they receive newly allotted government Superbuild money to create another wing at the Doon campus. The provincial government has invested \$10 billion into the Superbuild project, giving colleges, universities, hospitals and municipal governments grants to create new buildings and improve infrastructure.

"We're thinking of building something around the same scale as the new wing (E-Wing)," said Tibbits. "We're also thinking of some renovations around the school to deal with inconvenient areas."

The college's Superbuild proposal is due Jan. 27, which does not leave much time to finalize ideas for the project. College administration was only informed in December there was another round of Superbuild funding available.

The college expects to spend about \$10 million on new additions to the Doon campus, using \$4 million of its own money, Tibbits said. The college will also try to raise money to help offset the cost.

Announcements regarding distribution of Superbuild funds are expected in mid-March.

As well, Tibbits is expecting to hear back from Kitchener city council within a month regarding a \$1-million proposal he brought before council in early November. Appearing as a delegation at the meeting, Tibbits asked council to kick in cash to help build an 18,000-square-foot training centre at the Doon campus, possibly taking the money out of the city's \$6.7-million share of regional Superbuild funds. The new area would be used to upgrade existing workers and train new ones.

The proposal came on the same night city staff told councillors it was time to clamp-down on capital spending after examining a \$52-million bill from the last three years.

However, Tibbits said he was optimistic about the proposal and that the city has not turned down the plan yet.

But the Doon campus is not the only Conestoga property in need of renovation. Tentative plans to expand the Guelph campus are currently in the works.

Original plans to scrap the campus on Speedvale Avenue completely and start fresh have been re-evaluated. Instead, brainstorming is underway to determine if a new centre could be built in addition to the pre-existing building. Selling the old building would probably not net enough money to rebuild, said Tibbits.

"If we were George Brown College in downtown Toronto, maybe we would get enough money through a sale," he said. "We might get \$3 million if our building is sold."

The college is not planning on using Superbuild funds to pay for the project.

"The best bet for Superbuild funds is to grow here (Doon campus)," said Tibbits.

The matter will be brought before Guelph city council on Jan. 20. As well, Tibbits said he may have the opportunity to present his proposal to a high-ranking provincial official, something which could help the cause.

"The project will only be successful if we can gain a lot of support from the city, local businesses and officials," said Tibbits. "We need to grow to meet the needs of our community and our community is growing."

Head of security encourages awareness

By JULIANNA KERR

Conestoga's security team is concerned with more than just safety.

Head of security services Al Hunter said the best thing about his job is that most of it is of a positive nature.

"It's supportive," he said. "It's assisting people and the energy level is really high. I love the students."

In more than four years as head of security, Hunter has been involved in almost every serious case of misconduct. He said in all that time he has never had a student talk back to him. He believes the key is treating others with respect.

"You can't just develop relationships when you need them," he said, "you have to have them all the time."

"You can have a different point of view as long as you have respect and communication."

Hunter said his security team's primary concern will always be the safety of students, faculty and staff on campus.

"People need to feel safe in their environment, especially when they look at what's going on in the world today."

"It's important to parents as well," he added, "to know that their sons and daughters are in a safe environment."

Hunter and his staff want to help students focus on education while

they're at Conestoga.

"I see us as a support service of the academic process here," he said, "to help maintain a safe environment for our students."

"We do pretty much everything we can to ensure that things are in place."

That isn't to say that students should ignore their surroundings.

"Although we have a very safe campus, they still need to have a certain level of awareness about things like the locations of emergency phones on campus," he said.

He added that everyone should realize that the number 1 crime on campus is vehicle-related theft, whether it is theft from a vehicle or theft of the vehicle itself.

"And these things do not happen under cover of darkness. Typically, they happen between 11 a.m. and 2:30 p.m."

Hunter encourages students, faculty and staff to report to security if they see something that makes them uncomfortable. He said although it isn't necessarily their responsibility to solve problems, they are members of the college community and it is therefore their responsibility to report problems.

"If it turns out to be a false alarm, so be it," he said. "We would rather respond to a hundred false alarms than miss the real thing."

In Hunter's opinion, a security team should be an integral part of any college community. Security

staff at Conestoga work closely with management at the residence. They also patrol inside and outside all buildings. Doon campus is monitored 24 hours a day. Security services also facilitates the escort program Walksafe by working with a student co-ordinator.

And the long arm of Conestoga's law doesn't end there. Hunter teaches classroom management to new full-time faculty.

"It's a three-hour workshop," he said. "We talk about college procedures, emergency preparedness and strategies for dealing with difficult situations."

Hunter said a good security team has to have good communication with its most important clients — the students.

"You must have the sort of relationship where people are comfortable coming to you. We probably handle more student inquiries than anyone else in the college."

Security services offers a great deal of information online for the college community. The pages can be linked to from Conestoga's home page at www.conestogac.on.ca. The site features details about such issues as personal safety, Conestoga's anti-violence policy and standards of social conduct.

Security services is located inside Door 4 and security staff can be reached at ext. 3357.



(Photo by Julianna Kerr)

Head of security services Al Hunter does much more than ensure everyone is safe on campus. He also guest lectures and sits on several college boards.

U.S. celebrates Martin Luther King Jr.'s birthday

By MICHELLE TAYLOR

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as a federal holiday honouring the life and work of Dr. King.

Today, schools, federal offices, post offices and banks across America are closed in order to celebrate.

King was born in Atlanta, Ga., in 1929. He became known as a great leader during the civil rights movement who sought equality without the need for violence. As a clergyman he preached to his followers and it was his unmistakable voice and motivating speeches that captured the spirit of the civil rights movement. It was his famous "I Have a Dream" speech on Aug. 23, 1963, for which many people remember him.

According to a Martin Luther King Web site, in his lifetime King wrote several books expressing the need for equality, he founded the Southern Christian Leadership Conference and he received the 1964 Nobel Peace Prize for his leadership in attempting to bring about social, political and economic equality for blacks through non-violent means. Tragically, this great leader met an untimely death when he was assassinated on April 4, 1968, in Memphis, Tenn.

According to The Seattle Times Web site, only four days after King was assassinated John Conyers, a Republican, submitted the first legislation proposing King's birthday as a holiday. In 1970, California was the first state to pass legislation making King's birthday a school holiday. In 1983, President Ronald Reagan signed legislation for

King's birthday to become a national holiday.

Finally, on Jan. 20, 1986, almost 20 years after Conyers proposal, many people celebrated the first official Martin Luther King Jr. Day. According to a holiday origins and traditions Web site, it is the only holiday commemorating an African-American.

Many celebrations will take place today. There are candlelight vigils across the U.S. and many college classes are shortened. According to Marine Corps News, every year the Department of Defense recognizes the anniversary and encourages military installations to provide an appropriate observance. The marine corps base in Quantico, Va., celebrates this day every year with a memorial service and a symbolic ringing of the Liberty Bell.

On this day, people are asked to view it as a "day on, not a day off." Many Americans will honour the life and work of Dr. King by serving their community. There are Web sites devoted to helping people find out how they can serve the community.

Although Canada does not have an official holiday recognizing King's life, there's nothing stopping those who wish to celebrate. People can help out at youth centres or soup kitchens, for example. Even recognizing those in need or helping out your neighbour or fellow classmate is enough to celebrate his dream. As King said himself, "Everybody can be great, because everybody can serve."

Cellphone fraud can happen to you

By TORI SUTTON

We have all seen the slick, big-budget Hollywood films with high-tech plots based on identity theft. We watched Sandra Bullock battle the bad guys who stole her identity in the Net and saw Arnold Schwarzenegger fall victim to identity theft after being cloned in the Sixth Day. And while the silver screen's interpretation of the issue may seem futuristic, identity theft is a reality.

Identity theft involves stealing someone's personal information and using it for fraudulent purposes. Criminals often use other people's information, specifically government-issued ID, to establish credit for themselves, use existing credit cards, access bank accounts and a variety of other crimes.

One of our most popular present day appliances, the cellphone, offers users convenience and simplicity in connecting with business partners, friends and family. However, some people are taking advantage of user-friendly cellphone systems to connect phones in other people's names. This is known as subscriber fraud.

Not only is it the unsuspecting victim's name that can be tarnished, unpaid and unreported fraudulent cellphone bills can put a serious mark on the victim's credit record.

According to a recent document published by the U.S. General Accounting Office, many cases of identity theft go unnoticed and do not surface until there is a problematic situation, often involving credit approval. Some cases have taken victims up to 175 hours and \$10,000 US to resolve.

Tannis Wade, a third-year Conestoga College journalism student, never thought such a thing could happen to her until she stopped by her father's house a few days before Christmas.

"I went to pick up old mail and there were two large envelopes from Bell Mobility and Telus," said Wade, 21. "My dad was joking around about them being phone bills but I only had a pre-paid cellphone so I don't usually get bills. It wasn't until we opened them we discovered they really were bills for cellphones that weren't mine."

Together, the two bills Wade opened totaled more than \$1,500 for calls placed all over Canada and the U.S. Although the bills were for different phones, both statements showed calls being made to the same phone numbers from New

Hamburg to Hawaii.

Initially, Wade was confused and thought the companies had merely mistaken her for someone else.

"I work in the service industry and I know clerical errors can happen," she said. "I was concerned enough to call right away, but I thought I was only calling to tell them I had received the wrong bill."

Upon calling Bell Mobility, Wade discovered it was more than just a computer error on the bill. A customer service representative immediately took down her information to pass on to their fraud department. Her next call to Telus confirmed her worst fear - someone had set up cellphones using her personal information.

With heightened suspicions, Wade contacted the Waterloo Regional police to inform them of the identity theft. To her surprise, the police were not interested.

"They pretty much told me it was up to the cellphone company to resolve the situation and they did not involve themselves in matters like mine," said Wade.

According to Olaf Heinzel of the Waterloo Regional police, he has not heard of many cases of cellphone fraud where the police were involved.

"If the cellphone company comes to us, we will investigate," said Heinzel. "It must be handled first by the cellphone company if it is the user who calls us."

Like most modern day amenities, cellphone companies offer clients multiple methods for connection of a new phone, including Internet and telephone activation.

"I wasn't sure how this could happen, so out of curiosity I asked the companies what sort of information you needed to hook up a cellphone over the telephone," Wade said. "I was surprised to find out they didn't require a hard copy or photocopy of any identification. Essentially they had found out my driver's licence number, Social Insurance Number (S.I.N.), birth date and former street address even though I've never lost my wallet."

And although it does not seem to take much information to set up a phone, Telus representative Cassandra, who did not want to give her last name, said the system her company uses is efficient.

"We require a person's name, address, phone number, driver's licence and Social Insurance Number in order to run a credit check when setting up a new phone," Cassandra said. "Usually

driver's licence and S.I.N. is enough to determine if it really is the person."

The company also offers Internet registration, which requires the same personal information as telephone activation.

Wade thinks her information was most likely taken from official forms she filled out at her place of employment or her apartment lease. Currently, Bell Mobility has confirmed the phone was fraudulent and cleared the bills in Wade's name. However, she is still waiting for a response from Telus, who has disconnected the phone but has not settled her account.

Despite Wade's case, some working in the cell phone industry say it is not as easy to hook up a phone in someone else's name as some think depending on the company's policies.

"In terms of fraud, it's extremely difficult to get a phone hooked up in someone else's name here," said Gord, who also did not want his last name used, of Wireless Wave. Wireless Wave sells cellphones from a variety of companies, including Fido, Bell Mobility and Rogers AT&T.

Unlike other companies, Wireless Wave activates all phones at their booth in Fairview Park Mall and does not encourage customers using their home telephone to hook up a cell.

"All our customers have working cellphones when they leave here," said Gord. "It helps control fraudulent cases and ensures the phone works."

Additionally, Wireless Wave's staff checks identification themselves, and must be shown at least one piece of photo ID before connecting a customer's phone.

Using others' identities to hook up phones is not the only fraudulent activity the cellular phone industry has seen within the last decade.

Cellphone cloning scams peaked in the '90s, a process where a cloned cellphone is programmed with the factory-set electronic serial number of a legitimate phone. After cloning, both the legitimate and fraudulent phones have the same presets and cellular networks are unable to distinguish the difference between the phones. All calls are then directed to the bill of the owner of the original phone.

Donald Ladano was a victim of cloning fraud a decade ago. The 69-year-old Kitchener man received bills with charges from phone calls to Poland and Maine that he did not make.



(Photo by Tori Sutton)

Tannis Wade, 21, holds two of the phone bills she received when someone set up two fraudulent cellphones in her name. She is still waiting for one phone bill to be cleared.

Initially angry and fearful he would have to pay for the \$600 phone calls, Ladano went to his cellphone provider's store for assistance.

"I went to the AT&T store and told the manager what was happening," Ladano said. "They believed my story and I was not charged for the calls. I believe this was a real problem at the time."

Although he was not charged for the calls, new mysterious charges appeared on his cellphone bill for two more months. After that, his cellphone number was changed and no more fraudulent calls were made.

Ladano's experience did not make him lose trust in cellphone companies, but Wade said she is definitely weary of some services now.

"Bell Mobility was fast and efficient at getting back to me and easing my concerns, but Telus still hasn't contacted me and I'm not sure what is going on with my credit," she said.

Wade is planning to contact Equifax, a U.S.-based company that specializes in secure global commerce and consumer finance and credit, to make sure her credit history is clear. Even if her credit is fine, Wade may face even more paperwork next time she makes an application.

"Once I contact Equifax and let them know what's going on, they may implement more security features on my credit file, like asking for my mother's maiden name and major credit card information."

Equifax's tips help prevent identity theft:

*Carry only the ID and cards you need at any given time.

*Sign all new credit cards immediately with permanent ink.

*Do not make Internet purchases from unsecured sites.

*Avoid writing your PIN number, S.I.N. or passcode on any of your credit cards or on anything you plan to throw out.

*While making a purchase, keep your eye on the cashier, especially when a card is being processed.

*If you have applied for a new credit card and it does not arrive within a reasonable time, contact the issuer.

*Have someone you trust collect your mail while you are on vacation.

*Do not carry your S.I.N. in your wallet.

*Don't give out personal or account info to anyone without verifying their identity.

*Create passwords and codes that are not obvious.

*Destroy all carbon copies.

*Never leave your receipt behind after making a purchase.

*Beware of people looking over your shoulder at an ATM.

*Check your personal credit file periodically.

New club lets students get involved

By HALLEY MCPOLIN

Have you ever wanted to have your say about the kinds of activities and events that go on at Conestoga College? A new club designed to consider students' perspective might be what you're looking for.

STOGA, which stands for Student Team on Group Activities, is an organization that will meet approximately every two weeks to discuss events and assist in promotional endeavours.

The purpose of STOGA is to allow students to contribute their own viewpoint on entertainment topics such as bar events, advertising, promotion, organization of special events and contributing other new ideas.

Jay Mielke, vice-president of activities at CSI, says the idea was inspired by a conference he attended in which another school used an "activities club" to help with their events and promotions. "I think this could work very well here at Conestoga," he said in an e-mail.

"STOGA is designed as a club to make it lots of fun for the students who want to get involved while at the same time gain valuable experience and meet new people."

If you are interested in joining STOGA or would just like to see what all the fuss is about, there will be an introductory meeting on Thurs., Jan. 16 at 4:30 p.m. in Room 1B25.

For more information, contact Jay Mielke at 748-5131 ext. 25 or via e-mail at csivpsa@conestogac.on.ca.

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Commentary

Up in arms about gun registration

The country is up in arms about the federal gun registration program.

Every province except for Prince Edward Island and Quebec has called for the suspension of the program until Auditor-General Sheila Fraser can complete an audit of the costs to taxpayers.

In December, Fraser informed the public that the Liberal government had kept citizens in the dark about how much the registry was costing.

It was originally budgeted at \$2 million, but is now expected to cost \$1 billion by 2005.

According to the *Globe and Mail*, the federal government spent nearly \$160 million to create a computer system to run the registry and is now spending another \$36 million to figure out how to replace it.

This is already nearly 100 times more than the government's initial estimate of what the entire registry would cost.

Cauchon responded to the criticism on Jan. 8, saying that he remains committed to the program.

"The program is about public safety," he is reported as saying in the *Globe and Mail*. "It is about preventing crime and fighting crime, and I will not compromise on public safety."

Canadian Alliance leader Stephen Harper has responded by saying that if his party were leading the country, he would abolish the registry, eliminating the problem altogether.

He also said he would destroy the information that has been gathered so far on those citizens who have registered guns through the system.

Nearly two million Canadians have registered with the program.

The response from the Ontario government has been of the "I told you so" variety.

The Conservative administration challenged the federal legislation in the courts, along with Alberta, and lost.

This latest blunder on the part of the federal government simply adds to the argument of those who have opposed the registry system from the beginning.

The controversial program becomes even more so when people have to dig deeper into their pockets than they expected just to pay for it.

If the federal government is so concerned about public safety and the prevention of crime through the possession of firearms, than it should have been more diligent in the way it handled the funds needed to make the program a success.

The best way to get the program thrown out is to mismanage the money and make it cost more than speculated.

One thing Canadians love to complain about is taxes and springing an unexpected rise in the cost of the program is a sure way to make us reject the feasibility of a program we were divided on to begin with.

The results of an independent audit are expected by the end of the month.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr., Room 4B14, Kitchener, Ont., N2G 4M4



A hard lesson on life

A year ago at this time I was sitting at the side of my father's deathbed watching him slowly slip away.

Twelve months later I can honestly say it hasn't been an easy thing to deal with and I certainly wouldn't wish the pain of watching someone you love die on anyone. But I can also say that the experience—as horrible and painful as it was for myself and the rest of my family—has taught me a lot about life.

I've had a lot of time to think about it. My father was sick for 10 years before finally succumbing to multiple sclerosis.

In that time, I watched him go from a strong, reliable and loving father to a man who lay in a hospital bed 20 hours a day and could only recognize his wife and children on a "good day."

Then came the morning I got the phone call from my sister. Remembering it still brings tears to my eyes. He suffered a small stroke while my mother was feeding him dinner at the long-term care facility a couple of weeks before and we all knew he wasn't doing well. And after 10 years of seeing him in pain I think we were all silently hoping it would end soon.

But despite that, I still wasn't prepared for the call. It was a



Marc Hulet

Opinion

Sunday morning around 8 a.m. and I was jolted out of a deep sleep. Even in my fuzzy, just-woken-up-abruptly haze, my stomach sank. I just knew.

My sister's voice was strained and cracking. "It's time," she said, trying to maintain her composure. My mother and sister were in London at the hospital with my father. I was in Kitchener.

"I'll be there as soon as I can," I replied. There wasn't much else to say. We had been preparing—as well as one can—for this moment for some time.

"Wait," my sister said. "Maybe you should say... goodbye... in case you don't make it in time."

I agreed and she placed the receiver up to my father's ear. His breathing was raspy. It sounded as if each breath took all the effort left in his frail body—even with the aid of a breathing machine. I'll never forget that sound.

Then I told the man who gave me life, who protected me and who loved me, that I loved him. And I thanked him for being such

a wonderful influence on my life, even if it was for too short of a time. And then I said goodbye.

I shock a lot of people when I tell them how lucky I feel.

I feel lucky because I had 14 years with a wonderful dad who always had time for me. For 14 years I had a father who took me fishing, played catch in the backyard with me and taught me so many things.

Then I had another 10 years filled with a lot of pain, frustration and sadness. But my mother still had her husband and my sister and I still had our dad.

There are a lot of people out there who can't say that. There are a lot of children who had to grow up without a mommy or a daddy—or worse, without both.

So when I'm feeling sad, I like to remind myself about that. And I like to remember all the wonderful moments we had as a family and the great times we had—just the two of us.

I hope this story serves as a reminder about what's important in life.

Too often we get busy with everyday distractions and we don't spend the time that we should with those we love. We put it off and promise to get to it another day.

But there isn't always a tomorrow.

Spoke

is published and produced weekly by the journalism students of Conestoga College

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Spoke is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in Spoke are not endorsed by the CSI unless their advertisements contain the CSI logo. Spoke shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Letters to the editor are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Letters must not contain any libellous statements.

Is this actually the time of my life?

By CARRIE HOTO

A lot of people have told me that college is the best time of your life. Well, to them I say, yeah right.

I definitely don't think the best times of my life will be spent here in college ... at least I hope not. I am spending thousands of dollars on school, working my butt off trying to get good grades and I am so broke I can't afford a Kit Kat bar. I hope the best times of my life are less stressful.

I go to school with thousands of people who don't know me. Some of the people I consider friends up



Carrie
Hoto
Opinion

here even forget my name.

Don't get me wrong, I have met a lot of amazing people at Conestoga College and I have become close to some of them over the past year, but then again I have only known them for a little over a year. Out of everyone I have met in Kitchener,

there are about two people who really know and understand me. They are the people I know I will keep in touch with when I am done school and enter into the so-called real world. Everybody else is great to talk to and party with, but in 10 years I doubt I will still talk to them, or they will remember me.

I am a small town girl, who really doesn't belong in the city. I miss everything about the country when I am up here. I miss everybody knowing who I am; I miss the tobacco fields, the farms and the one small high school. Small town life is a little boring, but it is the

only way of life for me. I hate not ever knowing where I am going because the roads are so confusing here and, honestly, there are just too many people in Kitchener. I like small towns where you know everyone and the majority of people are nice to you and say hello.

I have grown up a great deal since I moved to Kitchener. I now live on my own. I come and go as I please and I don't have to report to my parents - that is pretty nice. In the two years I have lived here, I have only spent two weekends up here, all the rest have been spent at home.

I have lived in Delhi, a small town

about 97 kilometres north of Kitchener, all my life. I have lived in the same house and had the same group of friends for the past 20 years. Adapting to a new school and new location was one of the hardest things I have had to do. And I will admit, I love living on my own, and when I do go home, I get sick and tired of my parents breathing down my neck, but if they didn't do that then they wouldn't be my parents.

I will always be a small town girl, trying to make it in the city. But, I believe the best times of my life are at home. And I have yet to live some of the best times of my life.

Know what you're doing before getting behind wheel for your road test

By KATE VANDEVEN

We all know the feeling - sweaty palms, pounding heart, psychological fear - all the symptoms you get when you're about to take the dreaded road test.

What is it with those driving testers who sit in your car stone-faced and every time you make a move, they write something down on their trusty little notepad?

I recently experienced the fun of having to take a driving test; three to be exact.

It all started last June, when I went to take my first G2 exit test. I entered the licensing bureau and was told to go wait in my car.

As I sat there watching people drive away or pull up after their test, I began to get nervous. The fear of the unknown driving tester who had the fate of my driving days in his hands heightened as the minutes passed.

When he approached the ear, I could barely hear his direction to put my blinkers on and press the brake pedal over the pounding of my heart.

As we set off I was doing alright. I managed to parallel park, drive around the block and do a three-point turn with no difficulty. The nightmare began when I started driving on the highway.

Merging was where my problem originated. Not only was I not going fast enough to switch lanes, but a transport truck was driving at about 140 km/h when I merged in front of him at about 80 km/h.

Needless to say, as the truck flew into another lane to avoid hitting me, I knew I had failed. After this I managed to run a red light and not surprisingly, fail my driver's test.



Kate
VandeVen
Opinion

As he passed over my driving sheet I saw I had two check marks in the box "reason for disqualification." However, he did say I was a good driver, I just had a few incidents that forced him to fail me.

The second time I went to take the test, which was in October, I had a crack in my windshield and was told I couldn't take the test. So again I had to reschedule and go through another agonizing few months waiting to get my full license.

It would not have been so stressful except my third test would determine if I could continue to drive. My license was expired and I already had my one extension.

I decided to take my third test in Stratford, instead of London, where I took my first two. I thought it would be easier, but the roads there are more confusing than I thought.

Consequently, this test did not go well either. I accidentally ran a red light, turned the wrong way, forgot to put my car in reverse and almost flew into a field.

However, I guess the driving gods were with me, and somehow, I passed.

So now my driving test days are over till I'm old, but my advice to those who still have to encounter this painful test is, don't let your nerves get to you, watch when merging on the highway and know your roads before you take the test.

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From the Sanctuary

"No competition here"

Sometimes it's better to bite the bullet now rather than face a disaster later. Well, maybe not a total disaster, but bad things can happen when events are run by different student organizations on the same date.

It's something your student union faces on a regular basis, and this year is no different. As usual there is a conflict with events in February.

This isn't necessarily a bad thing mind you. Choice is incredibly important for students. Getting to choose which party you go to has to be the ideal choice for any student to have to make.

It's hard to think of any choice that can be so hard, yet the end result is still the same - you had a great time.

And that's really what student life is all about. The CSI is a big proponent of students having a great time in a safe environment. In the events that are thrown on or off campus by student organizations, CSI puts the interests of the students at the forefront.

It's also why the CSI will step back and cancel an event so as not to compete with other student events.

While the CSI Events Staff might get the short end of the stick, which is regrettable when a CSI event is cancelled, the general student body wins out because they get to choose the best event to go to.

Admittedly, the CSI has an incredible distaste of canceling their events. Weeks of planning and work go into a CSI event. Putting an end to any CSI event is a bit of a blow to the pride of CSI.

But the pride of CSI is salvaged when the students have the time of their life at an event hosted by the other student organization.

Again it goes back to allowing the students to make a choice about which event they want to go to, while not crippling all events on that night.

When student organizations on campus have events that run in competition with each other, as has happened in the past, they bomb miserably. The crowd is split as to where they should go.

The CSI continually strives to eliminate that problem by seeing which event can be re-scheduled or cancelled. As often as possible, CSI tries to avoid these conflicts. That's why CSI plans their events in the summer and then helps the other student organizations with their events.

But no matter how much planning goes into events, there will always be scheduling conflicts. In the event that happens, CSI will look to see what is in the best interests of the overall student body.

And regardless of what happens, the student body still gets to choose which event they get to have fun at.

- A message from Conestoga Students Inc. -



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(Photo by Daniel Roth)

Jessika Kunkle, public relations officer for the Computer and Business Students Association (CBSA), holds up advertisements promoting the first ever CBSA bus trip. The trip to Montreal is just one of the many events planned for the weekend of March 21 to 23.

CBSA has exciting new events planned for winter semester

By DANIEL ROTH

The Computer and Business Student Association (CBSA) has put a lot of effort into co-ordinating fun events for the students of Conestoga College this winter semester.

Jessika Kunkle, public relations officer for CBSA, discussed the details of what is planned for this winter.

The first of three Biz Bashes was held on Jan. 16 at Sammy's Garage in Kitchener.

"The theme was a blast from the past, that's retro from the '60s, '70s, and '80s," she said, adding, "Prizes were given out for the best '60s outfit, the best '70s outfit, best '80s outfit, and the best teacher outfit."

Buses ran continuously all night from Conestoga Residence and Conference Centre. The cost of the bus service was \$1 for the round trip.

"This will be a permanent feature for future Biz Bashes," she said.

Full details from this Biz Bash will be in next week's Spoke.

The next Biz Bash, which will be held at Stages Nightclub on Feb. 6, will have a Valentine's Day theme.

"There will be prizes for best pick-up lines and the most romantic thing to say, so everyone find something interesting and original, I want to hear lines that I've never heard before," she said.

Of course they will be having the Love Shack as well.

The Love Shack is where two people get into a small shack and try to swap as many articles of clothing as possible before the curtain hiding them is dropped. The couple who have swapped the most clothes by the end of the contest wins a prize.

"We are looking into whether or not we can have a special feature drink for the night, something that goes along with the theme," she said.

The entrance fees for this Biz Bash are as follows: tickets in advance are \$4 for singles and \$7 for couples. At the door the cost is \$5 for singles and \$9 for couples.

The last Biz Bash will be held at Sammy's Garage on April 10 after the Awards Banquet. It will be dubbed the end-of-the-year blowout, with a Hawaiian theme.

"We will have prizes awarded to the best Hawaiian outfit for both sexes. We will be having a pig roast at the Luau and leis will be handed out at the door," said Kunkle.

CBSA comes up with the themes for the Biz Bashes throughout the summer. When planning the events they consider what has gone over well the year before and what their class reps have suggested.

Kunkle said approximately 400 to 500 students normally attend Biz Bashes adding, "Sammy's has a capacity of 800 people and one of the goals CBSA has is to fill the place to capacity with the Biz Bashes of this semester."

Biz Bashes are not just for Conestoga students - they are open to non-students as well so bring your friends and make it more fun.

All proceeds from the Biz Bashes go to the CBSA, which provides the National Post, the awards banquet and the yearbook for students.

The awards banquet is held on April 10, before the Aloha Luau. The CBSA helps subsidize the meal at the banquet, which helps keep the cost of tickets down.

"Most of the students who attend are either nominated for an award for excelling academically in their course, or are students who are supporting friends who are nominated for awards," she said.

The teachers attend to give out awards and representatives from the business world are there to present the awards that their companies donate.

The most exciting thing CBSA has planned for the winter semester is a trip to Montreal. A weekend bus trip is scheduled for March 21 to 23.

"We feel the timing is excellent because it is just before we all have to buckle down for exams," she said.

The trip will consist of a three-day, two-night stay at the Quality Inn in Montreal, round-trip transportation from Conestoga College

on a luxury motor coach with TVs and VCRs, plus transportation to group activities. A three-hour city tour is also available with on-location tour escorts and VIP club entrance (no line-up) for both nights.

There will be three clubs on the agenda - Club Element, Club Extreme and Club Sona. Club Element is one of the most unique in Montreal due to its decor. "It's a must-see in my opinion," Kunkle said.

Club Extreme is booked for Saturday night but it is located on Crescent Street where there are a variety of clubs and pubs to satisfy all tastes.

For anyone who is really into clubbing, Montreal Nite Life has an open invitation to Club Sona on both nights, although admission is not included.

Club Sona is one of Montreal's biggest and noisiest clubs with a capacity of close to 7,000 people. This is an after-hours club that has music to satisfy most club goers. One floor is for techno and the other floor is for R&B and rap.

"The atmosphere alone, so I've heard, is enough to keep you going for at least an hour or two," she said.

Sign-up sheets are available from your student reps or at the CBSA office, located in the D-Wing at 1D14-D. The cost of the trip depends on the room occupancy. If you have four people in your room then the cost is \$185, three people to a room \$195 and two people to a room it's \$215.

"This is CBSA's first big bus trip and it is looking to be a blast," Kunkle said.

All the proceeds will go back into the CBSA to help fund the awards banquet, yearbook and other various services provided by the association.

In other news the association is holding elections for next year's executives on Feb. 20 at 4:30 p.m. in Room 1D15.

Anyone looking for more information on the CBSA can check out their Web site at www.cbsa.on.ca or drop by the office, 1D14-D, and talk to someone directly.

Student Services offers variety of workshops

By STACEY MCCARTHY

Student Services is kicking off the new year with a series of workshops to help make this semester a little more bearable for students. Coming up in the next few months will be the test anxiety group during the week of Feb. 4, the gay, lesbian, bi-sexual, transgendered workshop in mid-January, a multicultural support group with start date yet to be announced and a public speaking anxiety group with date yet to be announced as well.

Student Services counsellor Carol Gregory is optimistic about this year's newest service - a peer-assisted learning program.

Senior students from challenging courses will be hired to assist others who might be struggling with the course material.

The difference between peer-assisted learning and the students tutoring program at Doon is that those in the peer-assisted program meet their students on a more regular basis, allowing course material to be continuously reviewed.

"This is to help prevent students from falling too far behind," says Gregory.

Student Services will continue to offer the same programs it did last year. These include workshops, community information resources, student housing listings, personal and academic counselling, peer services which includes peer hosting, tutoring and mentoring, and studying, test-taking and time management skills.

In addition, Student Services will also provide residence assistant (RA) training. RAs are students who help monitor school residences for students at risk of suicide and assault. They may also act as companions to foreign students who are trying to adjust to a new culture.

While workshops are free, peer tutoring and the student orientation service package both cost \$15. This money goes towards paying student tutors for their training and sessions and offset-

ting printing costs for the orientation workshop.

The workshops at Doon campus are popular with students. They all ran last year and the public speaking workshop had to be divided into two separate groups because so many students signed up. The test anxiety group was almost doubled as well.

Gregory, who just finished overseeing a workshop on public speaking and performance, says most students end up doing well. "The other participants in the groups are very respectful, giving positive feedback to other students, which is a great thing."

During one stage of the public speaking workshop, students are asked to take part in "several low-risk exercises" in front of others in the group. "Everyone does them (the exercises) differently," says Gregory. "They may start sitting, then they may stand up and maybe, they'll make the walk to the podium."

While attendance was lower than expected for last year's gay, lesbian, bisexual and transgendered workshop, Gregory hopes that won't be the case this year. "But it really depends on the students. It requires them to take the lead."

To help keep possible attendees anonymous, those interested in the workshop can sign up online or call Students Services instead. "We want students to be comfortable," says Gregory, "and to get the support they need."

While no new workshops are planned, Gregory says new statistics, trends and issues are examined at the end of every year to see if there is a need for another group. "We identify students that may be at risk and decide if a workshop might be helpful for them."

She says that even though Student Services is "actively recruiting and hiring peer tutors at this point in time," any students interested in attending this year's workshops should bring their class schedules to the Student Services office near Door 4 to sign up.

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2003 job fair coming soon

By SINEAD MCGARRY

Searching for a job has just become easier.

Companies from across Canada and the United States will be flocking to the 2003 Job Fair in Waterloo looking to hire applicants for full-time, part-time and summer jobs.

The job fair differs from the career fair because employers who attend have to be hiring and have open positions, said Sara Free, Conestoga's career services officer.

The job fair allows students to network with potential employers and research career options. More than 150 employers are expected to attend the fair that takes place on Feb. 5 from 10 a.m. to 3 p.m. at RIM Park in Waterloo.

Make the most of your time at the fair, said Free. Some helpful

advice for preparing are: research the companies that will be represented; explore the fair solo; don't travel in packs with your roommates; dress business casual as if you were attending a real interview; and be patient and courteous.

There will be hundreds of students visiting from surrounding schools, so making a great impression is critical, said Free.

Visit career services in Room 2B04, for help on perfecting your resume and cover letters, as well as assistance on how to approach employers and how to conduct a successful interview.

For further information on which employers will be attending this year and bus departure times, visit career services a week before the fair. Free buses and admission will be available to students at Conestoga College.

Residence greets returning students

By KATE VANDEVEN

Now that the holidays are over, residence has welcomed back not only student returnees, but 45 new ones as well.

A few events in the first week of school were put on in residence to integrate returning and new students. Genevieve Blais, manager of Conestoga Residence and Conference Centre, said it was decided to put on the events because residence wanted to start the semester off right for its students and get everyone back in the swing of things.

A free barbecue, a student orientation meeting, planned bus trips once a month and Sunday sundaes are all events residence is planning for students.

This is the first time residence has put on a barbecue in the winter. Most years, one is put on in September and once again in April to welcome and see students off.

Around 200 students came out to enjoy the free food, which included hotdogs, hamburgers, veggie burgers and pop.

For the new students, an orientation meeting was held to inform them of the rules and regulations of the building, answer any questions

and take them for a tour if they wanted.

Although only six students showed up for this meeting, many showed up for the free food.

Jason Wullms, 22, has moved back into residence for the second time. Wullms said he lived here five years ago and has moved back in because he sold his house.

Although he said he liked living in residence better before because there was more people his age, he will be participating in some of the events that will be going on and said he enjoyed the free food at the barbecue.

Crystal Carefoot is in her first-year in early childhood education and said she is looking forward to living in residence.

This is the first time Carefoot, 19, has lived away from home and she is hoping to get to know people and form a social life.

If you are a new or a returning student, look for flyers around residence to learn about upcoming events and bus trips.

The first bus trip is to Casino Niagara on Jan. 22 and the following one is on Jan. 29 to Chicopee. There are deals for students and there will be a bus leaving from residence for both trips.



(Photo by Kate VandeVen)

Resident advisers Matt Hodgson (left) and Jason Arnold flip some burgers for students. Residence put on a free barbecue to welcome new and returning students on Jan. 8.

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Feature

It's a cold, cold world

But icy memories warm the heart of rink-maker

By LAURIE VANDENHOFF

The air is unusually mild for mid-January and that worries Bill Gallagher. Across the road from the boathouse, the informal headquarters of Kitchener's Victoria Park, rests the city's two giant ice pads. After 16 winters at the park, Gallagher knows the rinks like an old friend. He's also aware that the evening's above zero temperatures are trouble for their future.

Tonight, however, all Gallagher and his co-workers, Greg Halk and Mark Thiboueau, can do is hope tomorrow's temperature drops below the crucial -4 C target. Anything greater results in a slushy surface since the water will not freeze.

It's just past Gallagher's 11:30 p.m. start time and he is already slumped in his chair, the night a bust. The fact that Mother Nature is not on his side troubles the City of Kitchener employee, but he knows there is nothing he can do.

Gallagher follows the weather carefully, keeping records from all of his winters at Victoria Park.

Twice a day he calls the Waterloo Regional Airport for weather conditions, once at the beginning of his shift and then again in the morning. By also watching western climate patterns, he can generally predict what will happen within 10 days.

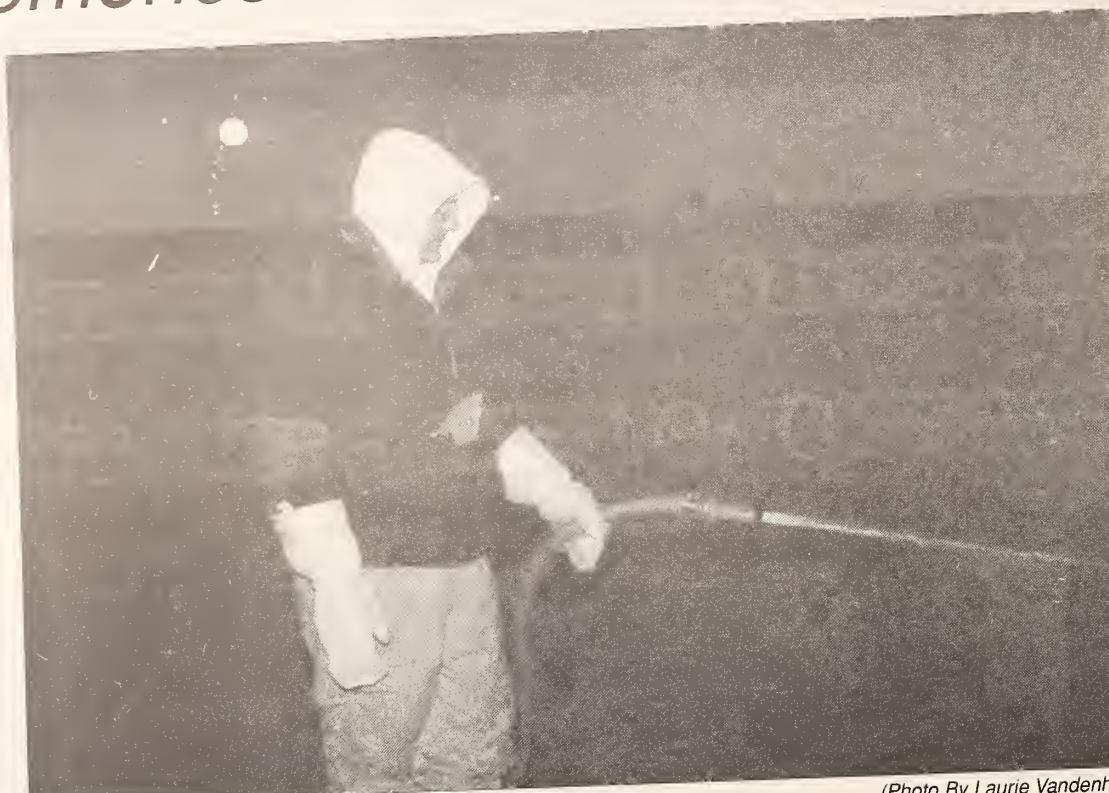
Each year though, Gallagher says the winters become shorter as well as warmer. And if it keeps up Victoria Park's ice pads could suffer the same fate as the defunct ice rink that used to freeze over the park's lake.

Last year's especially balmy winter meant the ice pads were open for only four days.

It's hard for the 48-year-old to imagine. He remembers previous winters when the three rinks would be open from Christmas until mid-February.

This year the City of Kitchener marked Jan. 11 as the official opening, but even Gallagher chuckles at that goal. Now, with only two days left, he's uncertain the rinks will be up to their usual standards.

Typically they require seven



(Photo By Laurie Vandenhoff)

Greg Halk, a City of Kitchener employee, adds water to the ice pads in Victoria Park. The two rinks require at least seven days of flooding to create a quality ice surface. For the most part they are flooded at night when temperatures are at their lowest.

straight days of flooding for a quality ice surface.

The next night a cold snap moves in bringing with it weather perfect for flooding.

Bitter winds and -12 C temperatures will keep the trio hard at work this night.

Even though Gallagher's relaxed demeanour hasn't changed from yesterday, he's definitely pleased at today's chances for a good night of flooding. But the slick roads also mean someone must salt the city's parking lots and Gallagher is given that responsibility instead.

But not before he makes sure his friends are taken care of.

He leaves the boathouse and crosses the road that delicately winds through the park.

"One night I was almost hit by a snowmobile crossing this road," he laughs. "Most of the time you are looking for cars so I wasn't expecting that."

Gallagher carefully slips his way onto the ice, limping slightly due to an injured right leg. The father of

one keeps active with daily visits to the gym. However, his health was not as good several years ago. He suffered a heart attack, which was complicated further by poor man-

"Sometimes it's easier to take the extra half-hour to broom it (the ice) because with a flat surface the water freezes faster."

*Bill Gallagher,
City of Kitchener employee*

agement of his diabetes and high blood sugar. Gallagher now keeps a close eye on his levels and has to endure four needles a day.

Often he gives the same attention to the life of the ice.

The crusty snow crunches under his feet — the previous day's snowfall has left a two-inch blanket on the rinks. He marches about a small

area for several seconds, determining the condition of the ice. Contrary to his previous instructions, Gallagher tells Halk and Thiboueau to sweep the snow before flooding the surface.

"Sometimes it's easier to take the extra half-hour to broom it (the ice) because with a flat surface the water freezes faster," he explains. He's realized the ice is still too loose and leaving the snow on tonight would create ridges when flooding, resulting in a blemished surface.

He says goodbye to his co-workers and entrusts them to care for the ice tonight.

Back at the boathouse, Gallagher continues to reminisce, remembering when the eight-hour shift would entail a constant flooding of the rinks, and nights off because of mild weather were limited.

But Gallagher is the only one around tonight who would remember those days. He fondly recalls his longtime partner Ernie, who has been off work since mid-December

due to a car accident. Ernie is able to remember the shifts when the tractors would break through the intemperate ice and the employees would wade through the knee-deep, bone-chilling lake trying to save the machines from the water's depth.

But since the lake's skating days are numbered and there is no telling when Ernie will return, it all remains a memory to Gallagher.

The Sarnia native dates the ice pads' birth back 15 years, when the city had to drain the lake one winter for repairs and pipe additions. The two rinks were a solution for the lake's absence that year, but their presence remained the following winter.

Gallagher is confident though that the ice pads will persist, as long as the weather concedes and the approximately 2,500 people keep showing up each weekend the rinks are open.

Gallagher says there really isn't much to the technical side of the ice's creation, just a hose, a broom and water.

Keep in mind, however, that the city's hoses are bigger than your average garden feeder, at a one-inch diameter, and the brooms are actually small vehicles with large brushes. The vast ice surfaces also require a back-dragger, a tractor with a large blade behind it, for easy snow removal. However, the men agree, even basic ingredients will get the job done in your own backyard if you don't mind a soaring water bill.

As Gallagher prepares for a night away from his ice pads, he quietly remembers days gone by, when winters were not subjected to the effects of global warming, when weekends at Victoria Park were brimming with the sounds of happy families and when the two rinks were alive with the sounds of skate blades cutting across their surface.

Tonight among the calm of the dim park, few Kitchener residents realize the chilling fate of the ice surfaces as winters gradually disappear and one man finds it hard to imagine that so much has changed over a short 16 years.

No skating on thin ice

Rink on Victoria Park Lake is a thing of the past

By JASON MIDDLETON

If you had any plans to go skating on Kitchener's Victoria Park Lake this winter, you're out of luck.

There are signs posted by the community services department surrounding the lake that warn people to stay off the ice.

Glen Richardson, manager of design and development for the community services department, says it's unfortunate that people can't skate on the lake.

He said, "The decision doesn't come because we want to do it. It comes because we are unable to

maintain safe ice through the winter months."

Richardson wrote a report that was submitted to city council on Jan. 6 stating that warmer winters during the past 10 years have made maintaining a natural ice surface impossible.

"We've fought to maintain the ice for several years and it's not working out very well. It's a wasted effort."

Service vehicles used to plow snow off the ice surface have fallen through the ice during some winters.

Skating on the lake has been a

part of Victoria Park's heritage for close to 100 years.

The lake is used as a storm water management reservoir, which means water levels can change rapidly if a rainfall comes, changing the stability of the ice.

"From the public we've received very little (criticism)," Richardson said.

He added, "There are costs associated with preparing the ice and if we spend that money on our staff and equipment and the weather is unpredictable, our money is, literally, thrown into the lake."



(Photo by Jason Middleton)

The lake in Victoria Park is surrounded by signs warning of the dangerous ice conditions. The City of Kitchener has discouraged skating on the ice due to the unusually warm winter weather over the past 10 years.

Snowmobile clubs caution riders

By MICHELLE TAYLOR

Use trail at your own risk.

This is the sign snowmobilers see when entering any one of the registered Ontario Federation of Snowmobile Clubs (OFSC) trails. These trails are groomed and maintained, but the OFSC warns riders that snowmobiling occurs in an "inherently risky off-road environment." The signs posted on all OFSC trails also tell snowmobilers that they must know and obey the Motorized Snow Vehicles Act, they must use caution at all times and, because so many trails are located in rural areas, cellphones may not work.

Snowmobiling can be an extreme or leisure sport. With thousands of OFSC trails and many more private and Trans Ontario Provincial (TOP) trails (18,000 kilometres of trails showcased by the OFSC) across Ontario, the distinct rumble of a snowmobile's engine will undoubtedly be heard many times. Maps, such as the Ontario Snowmobilers' Trail Map Atlas, are available as a guide for the maze of trails running from as far south as St. Thomas to as far north as Pembroke.

The OFSC and Ontario Snowmobiler Web sites offer up-to-date information on the condition of trails. The federation divides its trails into districts

according to the area in which they are located.

The OFSC is a non-profit organization composed of 260 snowmobile clubs and their associations. It relies on its many volunteers to help maintain the trails. According to the OFSC Web site, with family membership now standing at 200,000, it is the largest snowmobiling organization in the world.

As soon as the first flakes start to fall, avid snowmobilers start tuning their engines. Unfortunately, unpredictable Ontario weather can mean the difference between a good season and a bad one. Northern Ontario is guaranteed to have a useful season, but for local snowmobilers who want to have a chance to ride area trails, the up-and-down temperatures can try one's patience.

According to Brad Stuebing, a mechanic at K-W Honda in Waterloo for the last 14 years, the temperature needs to be below the freezing mark for a couple of weeks along with a good few feet of snow in order to open the trails. "We don't ask for much," he said. "We get snow and then it will melt, so I'm not sure we will get to ride around here." The only area that currently has good conditions is Muskoka, so everyone heads up north.

Locally, the OFSC has registered trails starting in Breslau, north

Waterloo, Elmira, New Hamburg, St. Clements and West Montrose. All of these trails connect to the main trails that can take you as far north as you're willing to go. As of press time these trails still remained officially closed.

"When the snow is consistent, area trails are some of the best trails around," Stuebing said. A couple of years ago he started right outside his friend's backyard in Breslau and drove all the way to Parry Sound. "It's fantastic (snowmobiling). There are clubhouses in St. Clements and at Conestogo Lake." There are many rest stops along the trails with landowners, who volunteer to have the trails run through their land, setting up small clubhouses or inns.

When the trails are officially open snowmobilers must display an official permit to ride on any OFSC trails. According to the OFSC Web site, permits must be placed on the front windshield visible to someone standing 10 metres away. A seasonal trail permit is now \$170. If it had been purchased before Dec. 1, a permit would cost \$140. The permit expires May 31, and is valid in Ontario only. A permit may be purchased from any trail-building club in Ontario such as the Cambridge Snow-Gliders Snowmobile Club and the New Dundee Snowmobile Club.

Before heading out to the trails, safety must be considered. One important message promoted by the OFSC is don't drink and ride.

According to the OFSC, alcohol is involved in more than 70 per cent of snowmobile fatalities. Night riding can also be dangerous. It involves nine out of 10 accidents. Usually alcohol and speed are also combined. The OFSC advises riders to wear reflective clothing and always wear a snowmobiling outfit.

According to the OFSC, drowning is one of the leading causes of snowmobile fatalities. Always be up to date with weather and ice conditions and do not take any unnecessary risks. As a general rule, travel in pairs.

The OFSC advises riders to be aware of one's surroundings. Helmets can impair one's hearing, so be extra alert. Never assume what another snowmobiler is going to do. Driving a snowmobile is like driving a car, except out in the open country a lot of things can suddenly show up such as fallen limbs, unexpected weather and unsafe ice.

Speed limits must be obeyed in order to maintain safety as well. The legal provincial speed limits for snowmobiles are: 50 km/h on trails, 20 km/h on highways with automobile speed limits of 50 km/h or less; and 50 km/h on highways

with automobile speed limits of more than 50 km/h.

With safety in mind and patience for the winter weather, Ontario snowmobiling can be a scenic and exciting sport. "When there's snow," Stuebing said, "snowmobiling is the best sport around."

How to be a safe rider

The Ontario Federation of Snowmobile Clubs offers various safety tips. They include:

- *Review and understand all the safety materials provided with your sled.

- *Stay on the marked OFSC trails.

- *Keep to the right side of the trail.

- *Slow down on all corners and when cresting hills.

- *Avoid consuming alcohol while riding.

- *Wear an approved snowmobile helmet.

- *Stop before crossing roads and railway tracks.

- *Use the approved snowmobile hand signals.

- *Wear reflective clothing at night.

- *Carry an emergency survival kit.

Local snowmobilers beating the winter blues

By VALENTINA RAPOORT

While some of us are trying to stay inside and avoid the winter weather, Laurel Moore just wants to get out there and catch some air. That is, on her snowmobile, of course.

Unlike many others who dread the winter months, Moore, who has been snowmobiling since she was 10 years old, looks forward to a good snowfall and hopes this winter will bring more snow than last year.

"If it has to be winter then it might as well snow so you can enjoy it," said Moore.

Having bought her own snowmobile three years ago, Moore said she hasn't been able to get out on her sled as much as she'd like to because of the mild winter temperatures.

"I've only been out (snowmobil-

ing) twice this year," she said, adding, "But it's only been on open fields (that belong to neighbourhood friends) because the trails have been closed."

Living in Bloomingdale, Moore considers herself lucky because she can ride around her neighbourhood while she waits for the trails to open.

"Every morning I can hear the neighbours running their motors (on their snowmobiles) just waiting to get out there and ride," she said.

Last winter's mild temperatures made for a disappointing snowmobiling season for Moore, who said she was only able to ride five times the whole winter.

"I hope we get more snow this year," she said, adding, "It's (snowmobiling) a great way to get outside instead of being cooped up inside all winter."

While winter sports may cure the winter blues, what happens if it's cold enough to feel blue but not cold enough to keep snow on the ground for sports?

According to Dwayne Orth, manager of marketing and business developments at Chicopee Ski Hill in Kitchener, temperatures don't always have to stay extra cold throughout the winter in order to preserve the snow.

Orth said as long as temperatures stay -3 C at nighttime, snow for the hills (which is often made by the machines in the evening) can be preserved even throughout milder day temperatures.

"Cold nights and milder days is the best of both worlds," he said, referring to perfect ski conditions at the hill. Having all 12 slopes open at Chicopee by the first week of January, Orth said it may be a good year for winter sports.

"We've brought the (snow) base up to 30 centimetres of snow this year already. I think we have more natural snow this year than we did last year," he said.

Despite the lack of snow last winter, Moore, who is one of the only women in her neighbourhood to own her own snowmobile, was able to travel as far as Milverton (160 kilometres).

"I'm not a hard-core (snowmobiler) by any means. I just like to get out there and ride."

Unlike many others who take up the sport, speed and distance aren't the main reasons why Moore enjoys time on her sled.

"It's also a great way to enjoy some scenery and hang out with friends," she said. "I try to keep up with the boys, although I do seem to roll my machine a bit more often than them."

Aside from wanting to get out-

side and enjoy themselves, many winter lovers have also spent a lot of money on sports equipment and want to get their money's worth.

"You pay big bucks to snowmobile," said Moore.

Not only does snowmobiling consist of buying a sled and snowsuit, but it also means buying permits, which now cost up to \$170, as well as paying insurance. If you're looking to purchase a new sled you can expect to spend from \$8,000 to \$10,000. Used sleds can cost anywhere from \$2,000 to \$5,000. Snowsuits (including the helmet and boots) usually start at around \$1,000.

"Getting cold is the last thing you're worried about when you have your suit on," said Moore when asked about staying warm. "Half the time you're too hot and overdressed."

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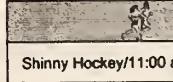
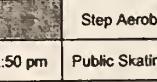
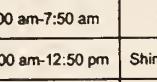
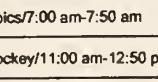
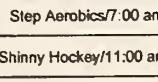
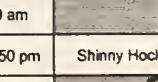
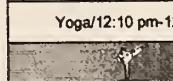
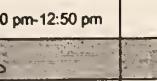
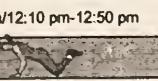
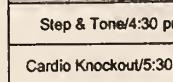
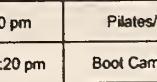
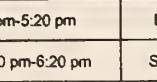
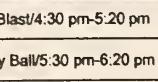
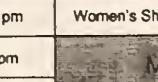
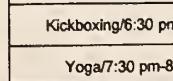
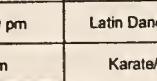
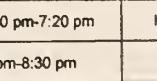
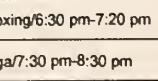
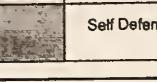
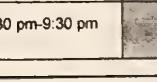
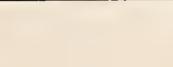
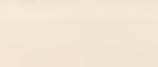
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FRIDAY

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 Shinny Hockey/11:00 am-12:50 pm	 Public Skating/11:00 am-12:50 pm	 Shinny Hockey/11:00 am-12:50 pm	 Shinny Hockey/11:00 am-12:50 pm	 Shinny Hockey/11:00 am-12:50 pm	 Yoga/9:00 am-10:20 am
 Yoga/12:10 pm-12:50 pm	 Stability Ball/12:10 pm-12:50 pm	 Yoga/12:10 pm-12:50 pm	 Yoga/12:10 pm-12:50 pm		 Tai Chi/10:30 am-11:50 am
 Step & Tone/4:30 pm-5:20 pm	 Pilates/4:30 pm-5:20 pm	 Body Blast/4:30 pm-5:20 pm	 Stability Ball/4:30 pm-5:20 pm		 Women's Shinny Hockey/3 pm-4 pm
 Cardio Knockout/5:30 pm-6:20 pm	 Boot Camp/5:30 pm-6:20 pm	 Stability Ball/5:30 pm-6:20 pm	 Kickboxing/5:30 pm-6:20 pm		 Tai Kwon Do/(ages 4 - 12) 12 pm-1:20 pm
 Kickboxing/6:30 pm-7:20 pm	 Latin Dance/6:30 pm-7:20 pm	 Kickboxing/6:30 pm-7:20 pm	 Self Defence/6:30 pm-7:20 pm		 Tai Kwon Do/(ages 13+) 1:30 pm-2:50 pm
 Yoga/7:30 pm-8:30 pm	 Karate/7:30 pm-8:30 pm	 Yoga/7:30 pm-8:30 pm	 Latin Dance/7:30 pm-8:30 pm		
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Travel

Ocean creates vast memories

By DENIS LANGLOIS

Two weeks ago the sun was shining in the bright blue sky while birds dove through the air and tourists, dressed in shorts and sandals, walked their dogs and flew kites. A day at the beach provided much-needed relaxation and the warm air felt great against my face. As I glanced ahead, I could see tourists splashing in the deep blue water and dolphins jumping only metres from shore.

The search for a clear blue sky and warm breeze began at midnight on Dec. 27 when my wife, son, in-laws and I loaded into a 1978 recreational vehicle and began driving to the warm beaches of Florida.

About 26 hours of constant motion ended when we arrived at our first stop on a tiny island off the coast of South Carolina.

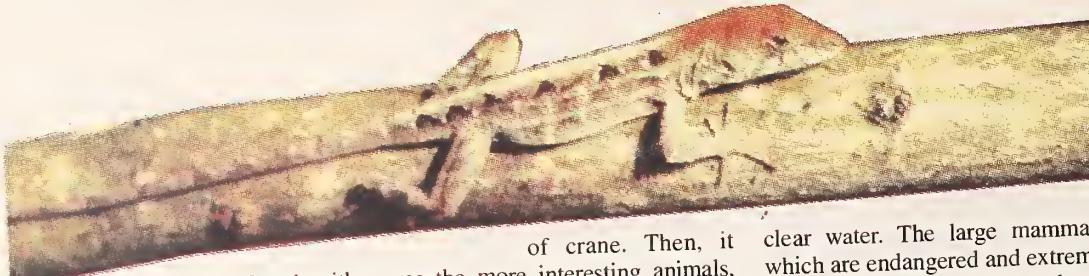
Edisto Island, on the southeastern tip of the state, claims to have the largest palmettos, a close relation to the well-known palm tree, in the United States. And South Carolina is appropriately named the palmetto state. It's easy to see why. In every direction, living in every piece of wilderness, the trees sway in the southern breeze. Interestingly, and in contrast to many Canadian trees, palmettos are often narrower near the base than they are on top. This makes them seem slightly awkward, but naturally fascinating.

Because the air, gliding off the Atlantic Ocean, was warm we were able to pitch a tent and camp only metres away from the churning waves of Edisto State Park.

Camping has always been special to my family and it's an instant cure from the stresses of everyday life. Besides, the last time I was able to camp was last July and the next time will probably be next summer, so the timing seemed perfect.

Being confined to the perimeters of Ontario for most of my life, I had never seen the ocean until this trip. So, just before we arrived at the beach, I could feel my heart pounding and hands shaking because of the excitement. I once heard if you spend a week each year by the ocean, it's better for your health and happiness. But I was mostly excited to see something new, something enormous and something not even the imagination could produce exactly.

Finally, after two tires exploded on Interstate 95, our tired RV came to an abrupt stop at a vacant campsite and the door swung open. It was like being on the set of a movie. I dashed out of the tiny door and over a hill where the ocean waves were crashing and hundreds of birds were flying in the morning sky. My breath was instantly taken away and all I could do was stare. There I



I stood on a beach with the Atlantic Ocean before me for the first time.

The blue water was the only thing visible against the warm sand. And as the sun was rising over the water to begin a new day, I realized it was a day that changed my life.

Standing beside the ocean makes you feel small and it gives you a new perspective on the vast and fascinating planet we live on. You feel like your life, and all the problems in it, are meaningless compared to the grand scheme of things. The ocean doesn't care and to some extent, neither should we. Seeing the water made me feel excited, happy, thrilled and most of all, alive. And just then, right in front of my wide-open eyes, three dolphins jumped and splashed about five metres from shore.

For the next few days, I spent many hours on the beach. I often stared into the water and tried to spot signs of life. And there were plenty.

Lining the miles of sand were millions of seashells. Empty and lying against the soft sand, they twinkled in the sun and shone like a collage of bright and colourful lights.

My wife and I sat on the beach and sifted through piles of shells trying to select the most beautiful before placing them into a bucket. Each shell had its own unique and fascinating characteristics.

As night fell, we made the short journey back to our campsite and inspected our shells. The oysters, conches and tiny, yet unique, shark teeth all had their own special meaning and importance to us.

We spent two days at Edisto Beach before heading into Florida, the sunshine state. At 7 a.m. we all hauled ourselves into the RV and cruised for eight more hours into the panhandle. We each spent hours staring at the scenery through a small window. It doesn't take long to notice how much different it is compared to Canadian landscapes.

One minute we were driving up and down the streets of Palm and Melbourne Beaches, admiring the large houses only metres from the Atlantic, and the next we were sitting at the side of the road admiring alligators laying beside the ditches.

Every time someone in the vehicle would spot an animal, we would slowly pull to the side of the road and I would whip out my camera to snap a few photos. First it was the birds, white Egrets, which look like storks, pelicans and various species

Everglades. Our campsite was surrounded with more giant palmettos. Unlike South Carolina, however, the trees at this park were inhabited by tiny lizards, which were well camouflaged against the various shades of brown and green. For hours we searched for and admired the tiny creatures and snapped countless photos.

For the next few days, we visited Universal Studios, Kennedy Space Center, the Everglades and countless gift shops. However, at the end of each day we walked to the ocean.

We spent countless hours driving around Florida's panhandle before returning to Edisto Beach. During the last two days, we scoured the sand for new shells before driving 30 more hours home.

Not surprisingly, when we returned to Canada, after yet another flat tire, the landscape was covered with a thick and familiar blanket of snow. It was an interesting way to be welcomed home.

This trip is one that I will remember and appreciate forever. I cannot wait to return to the crashing waves of the vast ocean. I cannot wait to bury my feet in the warm sand and search through the endless miles of seashells and water for new adventures and memories.

clear water. The large mammals, which are endangered and extremely well protected, were slowly rolling and flipping in the water. Many people were gathered to see the giant animals and witness every move they made. It was fascinating to see them lying in the water and slowly reaching the surface to take a short breath.

Manatees are known as Florida's "friendly giants" and people spend millions of dollars to protect them from boats and other sea craft that may harm them.

Each of the large creatures has been identified and categorized and has a name. We spent about two hours trying to spot each one. They were identified by their markings, often by white nicks from boat motors. One, which I will always remember, was named No Tail, because it lost its tail in a collision with a boat.

After seeing the manatees, we stayed at Jonathan Dickinson State Park, only 50 miles from the



(Photos by Denis Langlois)

Footprints in the Florida sand (above) bring you one step closer to the Atlantic Ocean. In Edisto Beach (right) the sun rises over the ocean while a palmetto sways in the warm breeze.



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Studying abroad is experience of a lifetime

By MARCY CABRAL

She sits at a small round table at an outdoor café. Sipping her coffee, she watches people passing by at a leisurely pace, while others around her are quietly immersed in their conversations. For her, this is a new atmosphere, filled with new people, a different language and a diverse culture.

Surrounding her are little boutiques and souvenir shops, but off in the distance is her destination for the day, the Eiffel Tower.

For Kelly DeMelo, an associate accountant at PricewaterhouseCoopers in Toronto, her participation in a study exchange program last year was both beneficial and an opportunity to see Europe.

"I've always wanted to go to Europe, France in particular," she says. "I chose France because I wanted to improve on my French, and Europe because I was intrigued by how the Europeans live. Their easygoing lifestyle was something I wanted to witness and take part in. It was also my last term of school and I thought my motivation toward my studies would be greater being abroad."

According to a recent survey conducted by Travel Cuts, Canadian youth see international travel as a beneficial asset for future job endeavours. Eighty-seven per cent of respondents surveyed believe travelling abroad is a key addition to their resumes and an asset in today's competitive job market.

Sara Free, a career services officer with the college, believes participating in an exchange program is a unique attribute to include on a resume.

"It tells an employer you have experienced a job culture in a different country," she says. "It also shows that you have the incentive and motivation to take on a completely different experience."

A graduate of the Ivy Business School at the University of Western Ontario, DeMelo studied in France for four months at the Institut de Formation Internationale in Rouen, France. She enrolled in international business courses, and of course, participated in a French language course.

When asked to compare Europe's teaching style to that of Canada's, DeMelo sums it up in one word: laid back.

"I don't think we ever started a class on time and we always managed to have a 20-minute break for every class," she says. "On our first day he (the director of the school) told us to take advantage of the diversity, and to not lock ourselves up in our rooms worrying about school."

And in this case, she did exactly as



(Photo by Marcy Cabral)

France's Eiffel Tower is a popular European sight, but it's the European culture that makes spending time abroad a beneficial experience.

she was told. In four months she managed to see as much of Europe as possible, visiting such countries and cities as Belgium, Amsterdam, the United Kingdom, Ireland, Spain, Portugal, Italy, Germany and Switzerland. Being located in France, she also toured French cities including Paris and Normandy.

Her time abroad was filled with once-in-a-lifetime experiences and opportunities that have helped shape her into the person she is today. Although her current job as an associate accountant does not allow her to apply the skills she learned in France, she still believes her time in Europe will assist her later on in life.

"Many companies are looking to go international because they want to take advantage of globalization. So having international experience and speaking another language will definitely help me in the future," she says, adding, "I think potential employers will be impressed that I lived in a different country for half a year. It demonstrates my ability to adapt to foreign situations."

Free agrees with DeMelo's statement and thinks that employers are looking for skilled workers who are

able to cope and adapt in today's changing job market.

"Employers are also looking for people who are excellent communicators," she says as well as, "People who have had different experiences that can enhance their job function. Because we're in a global economy, there's lots of diversity in the workplace. It shows you have a different perspective and have experienced something unique."

According to DeMelo, the European culture is something that has to be experienced first-hand. Whether you spend a week or four months, the European way of life is a culture all its own and should be experienced with an open mind, she adds.

"Travelling to countries and cities where I couldn't communicate, but still managed, and not knowing exactly where I was going until I got there changed my life. It opened my eyes to a completely different world." As the Eiffel Tower beckons her presence, she puts down her coffee, packs up her bag and sets off to experience the vast sights and sounds Europe has to offer.

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Say goodbye to those Christmas pounds

By BLAKE GALL

Christmas is a time to spend with family, friends and loved ones. However, it also tends to be a time when many people pack on the pounds.

Excess Christmas weight is easier to get rid of than most people think.

"Simply returning to a regular, healthy diet immediately after the holidays can get rid of those pounds almost as fast as you gained them," said Jinnie DeLazzari, 44, a registered nurse at Greater Niagara General Hospital in Niagara Falls.

DeLazzari said she constantly hears people talking about the weight they gained but no one seems to know how to lose it.

"The first thing to do after a holiday dinner is to assess your leftovers and get rid of the more fattening foods," DeLazzari added.

This means that the leftover gravy may need to be thrown away despite how tasty it was. Also, removing the skin from turkey before putting it on a sandwich will lower your fat intake.

Most people are aware that the

majority of fat in turkey comes from the skin but continue to turn to it for a late night snack.

"I had about six Christmas meals this year between my family and my girlfriend's," says Kyle Digby, 22, of Sault Ste. Marie.

Digby admits that he loves the leftovers. It's a quick and delicious meal that is hard to turn down.

"Why buy lunch at work when you can take a full turkey meal for free?" Digby added.

He says he gained about 10 pounds over the holidays but isn't worried about getting rid of them. He goes to the gym three times a week and being a waiter sheds the pounds easily.

"I'll be back to my perfect body in no time at all," he joked.

DeLazzari points out that watching your weight over the holidays is always a safe bet too.

"If you don't gain any weight then you have nothing to lose," she said.

This is a simple point that some people tend to forget. Even though we have so many dinners to attend we don't have to necessarily eat so much.

Take into consideration that foods like potatoes and bread are high in carbohydrates which will cause more weight gain. Be sure to balance the carbohydrates with protein to keep your metabolism up and the pounds will burn away.

"I did pretty good this season and only gained about four pounds," said Julie D'Alessandro, 22, of Waterloo.

"I knew there would be a lot of family functions so I made more time to exercise before the potatoes got to my hips," she added.

Both she and Digby intend to increase their exercise patterns so they can say goodbye to the pounds as quickly as possible.

"I didn't gain any weight this year so I am ahead of the game," DeLazzari said. But she has a few friends who will have to work to get their figures back.

"Just get back to a consistent diet that works for you," she said, adding, "Everyone's bodies are different so only you know how you can get back to your healthy self without going hungry."

The best advice is to stay away



(Photo by Blake Gall)

Kyle Digby, 22, enjoys some leftover turkey dinner during his break at work. He brought his lunch instead of buying it.

from the fattening leftovers, get back to the gym as soon as possible, watch your carbohydrate and protein intake and most importantly,

don't stress out too much about the weight gain. It seems to be a natural part of the holiday season for everyone.

Insect-based snacks served up at butterfly conservatory

By NICOLE CHILDS

Have you ever wondered what it would be like to stick a cricket or any other insect in your mouth? Most people haven't, but Wings of Paradise butterfly conservatory located in Cambridge helped make it a reality for those adventurous enough to try it.

The second annual Bugfeast, which ran from Dec. 27 until Jan. 5, was an insect-tasting event, which focused on one specific area of the world. This year it provided a Far East cultural aspect and featured dishes like Burmese mealworm curry, chocolate-covered crickets with amber, mealworms in dim sum, and honeybee larvae ice cream topped with bee pollen.

Melissa Parker, marketing director at the conservatory, was pleased with the way the event went. She estimated about 3,000 people went through the facility and sampled the food. Most people were open to the experience and eager to try something new.

"There certainly was an element

of curiosity. It was really a mixed bag, some were eager, some were reluctant and others were reluctant at first but after they tried it became very enthusiastic," explained Parker.

Wings of Paradise ran the event over the Christmas break when people were looking for something a little different to do. Because of the amount of intensive labour required to prepare the dishes, the facility cannot offer it year-round. Each cricket had its wings, legs and head removed before it was roasted. With 7,000 crickets, it took 15 staff members 44 hours to prepare for the event.

Jeff Stewart, a tourism and hospitality professor at the University of Guelph, created some of the insect-inspired dishes for Wings of Paradise.

He developed the recipes off and on for a couple of months, and highly scrutinized them before sending them out to the public. He said he's always had a big interest in the notion of innovation and enjoys trying new things from different cultures. As he put it, the job was, "a

match made in paradise."

He was pleasantly surprised by the public's acceptance of the idea of eating insects. "You don't often hear the words bugs and fantastic in the same sentence."

He was happy with the way the event went and said, "I think it's a very novel idea. I would do Bugfeast again at the drop of a hat."

There are approximately 1,500 species of insects that are edible. According to Stewart, anyone who's eaten a hotdog has probably eaten an insect.

The stigma that surrounds entomophagy, which is the practice of eating insects, is held only by North Americans and Europeans. Parker said, "Two-thirds of the world eat them willingly." She added, "In Mexico they eat grasshoppers like we eat French fries."

The big question is: why do they want to stick squirming little bugs in their mouths?

Unknown to many people in terms of nutrition, insects are high in protein and low in fat. In certain cultures insects are a delicacy, whereas

in others, you can buy a bug on a stick from a street vendor.

Entomophagy may seem a little far-fetched, but it is no more far-fetched than some of our cultural practices. North Americans eat snails, pigs' feet, oysters, clams, lobsters and I recall a couple of times seeing cow's tongue in the grocery aisle. We call these delicacies, like some cultures call various insects delicacies.

So why are we so squeamish about trying insects? We unknowingly consume more than a pound of insects in our lives. According to Parker, insects known as weevils and flour beetles can be found in flour. They feed on the grain and end up milled with it.

Eatbug.com had some interesting facts. According to the author, rotten and bug-infested apples in apple orchards can end up in cider.

The Web site also provided some of the recipes Wings of Paradise used for their Bugfeast.

Parker said she enjoyed the insect fare. "It was really tasty, I ate so much I couldn't keep track." She described the chocolate-covered crickets as having a flavour that's a cross between a sunflower seed and a nut. "It's like eating chocolate with nuts in it."

For those who want something a little different to snack on, how about trying a cricket covered in chocolate, or mealworm chocolate chip cookies.

Mealworms and crickets aren't something you can get at the grocery store, but you will find them at your local pet store. Bugfeast obtained their insects from a supplier, which provides many pet stores with bugs. It isn't advisable that you eat insects you catch, unless you are absolutely certain they haven't come in contact with any pesticides.

To prepare the bugs, rinse them off thoroughly with water and then pat them dry. Once dry, put them in a freezer bag for about 10 minutes until they are dead.

Now you're ready to use them in

the following recipes.

Chocolate-Covered Crickets

- * 25 adult crickets
- * Several squares of semisweet chocolate

Bake the crickets at 250 F until crunchy. Heat the squares of semi-sweet chocolate in a double boiler until melted. Dip the dry, roasted crickets in the melted chocolate one by one, and then set the chocolate-covered crickets out to dry on a piece of wax paper.

Mealworm Chocolate Chip Cookies

Before you can make these cookies you must make the main ingredient, the mealworm flour. Spread cleaned insects out on a lightly greased cookie sheet. Set your oven to 200 F and dry insects for approximately 1-3 hours. When the insects are done they should be fairly brittle and crush easily. Take your dried insects and put them into a blender or coffee grinder, and grind them until they are about the consistency of wheat germ.

Now you can add them to this recipe.

* 1/2 cup butter

* 1/2 cup brown sugar

* 1/2 cup white sugar

* 1 egg

* 1/2 teaspoon vanilla

* 1 cup all purpose flour

* 1/2 teaspoon salt

* 1/2 teaspoon baking soda

* 1/2 cup oats

* 1/2 cup chocolate chips

* 1/4 cup mealworm flour

Cream butter well, then mix in sugar, egg, vanilla, flour, salt, baking soda, chocolate chips, oats, and mealworm flour. Drop batter by the teaspoonful onto a greased cookie sheet. Bake for 10 minutes at 375 F.

This recipe is a good way to try entomophagy because you will hardly notice the insects, except for a light nutty taste.

If you enjoy these or if you are just looking for something different, check out the next annual Bugfest at Wings of Paradise.

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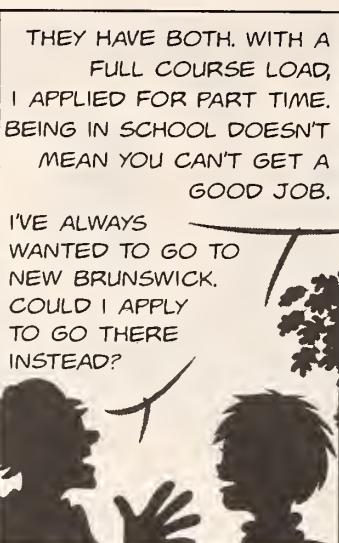
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Updated every Monday, come visit us for the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links.

Tanning booth patrons should heed warnings



Halley
McPolin
Opinion

It's wintertime once again ... and what better way to chase away the winter blahs than to hop into a comfy tanning bed and soak up those UV rays your body is desperately missing with the absence of the sun?

If you haven't already figured it out, my introductory paragraph was entirely sarcastic. Yes indeed, winter has settled in and once again find myself shaking my head at all the people I see rushing to the tanning salons to "fix" that ugly, asty, pale look they develop over the season.

What I want to know is at what point did being fair-skinned become so undesirable? Technically I have a pretty good idea: in the '20s it was actually "in" to look pale, but in the '40s and '50s, when the surfer look and music began to get popular, all of that changed. Suddenly you presented a sickly appearance if you didn't display that perfect tan. Well, I'm sorry, my Irish background doesn't make me sick, it makes me pale - that's all.

Don't get me wrong, this isn't a personal vendetta because of all those "you need some sun" cracks I endured growing up (although it did tend to get somewhat irritating after awhile), but a simple, if not slightly biased, observation. Plus, with all the health concerns these days - especially regarding cancer -

you'd think people would be less preoccupied with their appearance and more so in their physical well-being.

A somewhat cancer-prone friend of mine (meaning she is not only fair with a lot of freckles and moles - a sign of being more prone to cancer than not - but who has also had a couple of cancer scares) has a habit of tanning in the winter. I have, on several occasions, discussed the topic with her - just to get an idea of where her priorities are. She is well aware of the risks, especially to herself directly, but in her words, "everything these days gives you cancer," so why not? After all, if she didn't tan in the winter she'd end up looking all pale and sickly. Honestly, the mind boggles.

Everybody is entitled to do what they feel they have to in order to feel good about themselves, but to me, tanning lies in the same category as breast augmentation or dangerous fad diets in order to achieve that "perfect" Hollywood-dictated look. Unlike smoking or

drug and alcohol addiction, there is no chemical dependency to use as an excuse for not knowing the risks and continuing to carry out the activity. It's simply vanity.

Sure, I shave, wear makeup and am aware of how I look when I leave the house, which is vain on my part, I know. The difference is none of these things (to my knowledge thus far) has any proven harmful side effects. If they did, I would discontinue the behaviour. To me, it's natural reasoning.

There are alternative choices if you simply must have that tan, such as rub-in or spray-on tans, sans the UV. So they're not "natural" - are they any less natural than sitting in a salon and tanning?

Obviously, there are many people who have beautiful natural tans. They are also the people who tend to be less cancer-prone and can get darker after just a few minutes in the sun. Those of us who aren't blessed with such skin should feel confident about our own natural appearance. I take pleasure in being pale; I feel it gives me character. My skin has a tendency to reflect light more than absorb it, so in many photographs I look ghostly white, even next to my fair friends. Back during the renaissance, when folks would powder their faces to achieve that look, boy would they have envied me! Now it's always "boy ... you should get some sun."

which featured wedding dresses, tuxedos and outfits for the ring bearer or the flower girl.

Also, there were many opportunities where the bride- or groom-to-be could win prizes, a honeymoon trip or even a wedding dress. All they had to do was fill out a ballot at designated vendors and hope that their names were drawn after the show.

This is the 16th year for this show at Bingemans and this is the 12th year that Hauck has been the co-ordinator.

If you are planning on getting married, this is the show to go to.

The next show will be held Oct. 25 and 26, 2003 and will be advertised on Bingemans Web site at www.bingemans.com.

Here comes the bride

By IZABELA ZARZYCKA

Something old, something new, something borrowed and something blue. That is a tradition that the bride usually follows on the day of her wedding. However, there are many other ways to make that day special.

Brides- and grooms-to-be could find a lot of information and great ideas at the Wedding Dreams show at Bingemans in Kitchener.

The show, which was held Jan. 11 and 12, took a long time to put together.

Doris Hauch, the program co-ordinator for the wedding show, said that it takes approximately one year to get everything ready.

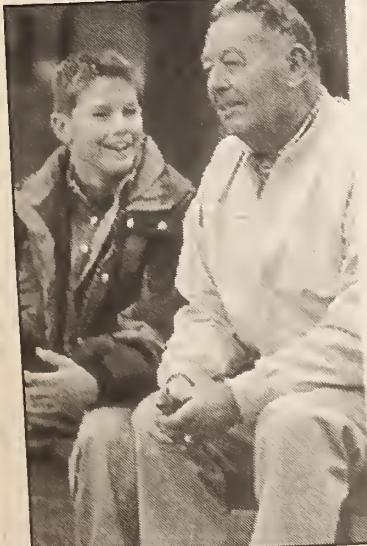
She added that in the year that

she has to prepare, she has to send out brochures, put up posters and get in touch with the vendors who will appear in the show.

At this year's show there were 130 vendors, Hauch said, and of the 130, 70 per cent were returning vendors. They specialized in everything from professional photography, wedding cakes and invitations, to limousine services and wedding dress and tuxedo rentals.

All of the people were helpful and provided great advice for the brides- or grooms-to-be. They answered questions and provided great information about their service by giving away brochures or magazines.

Hauch said that four fashion shows a day were scheduled,



Last year, a new pacemaker implant saved Max's life.

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Local tanning booth offers customized tans

By SINEAD McGARRY

Finally a way to self tan that actually works.

The mystic tan offers an alternative to gaining that golden glow without the dangers of UV rays and streaking.

"The mystic tan booth gives people's skin a boost. It is completely harmless and safe," said Shannon Pollard of Sun Magic tanning, on 465-10 Philip St. in Kitchener. The Mystic tan booth is designed to offer a customized tan for each individual based on her body, size and skin type.

According to www.platinum-tan.com, the booth has nozzles that spray tanning solution onto individuals.

The particles in the tanning solution become tiny magnets, the Magne Tansm technology that is used, then uses its own magnetic properties to attract the spray so it will stick to the skin's surface.

"The individual acts like a magnet to bring all the positive and negative neutrons together," said Pollard. The tanning alternative

bronzes all skin types including fair skin.

"It's like a self tanner but it applies evenly in seconds," said Pollard. A disposable cap and booties are supplied and should be worn throughout the process.

With your eyes closed tightly, a cool spray fills the booth for a few seconds. Users move into two positions allowing the spray to cover all parts of the body.

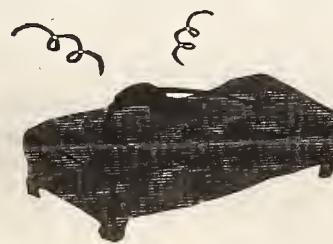
Aloe vera cream is applied to the hands and feet to prevent streaking and discoloration. The quick and easy process lasts about 30 seconds.

You cannot come in contact with water for four to six hours after tanning. "After I tanned my dog licked my hand and it left a streak," said Randy Pheifer, manager at Sun Magic.

"I was very skeptical about the mystic tan but I am truly impressed, it really works," said Julia Knight, a Waterloo resident.

"The mystic tan is gaining popularity in Canada because customers can gain a tan without being harmed or threatened by UV rays," said Pollard.

TEST ANXIETY WORKSHOP



DO YOU DO THE FOLLOWING?

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SIGN UP FOR A TEST ANXIETY WORKSHOP!

To register bring a copy of your timetable and sign up in STUDENT SERVICES (2B02) before Friday, January 31st.

Common hours will be selected from submitted student timetables.

This "four session" group is available beginning the week of February 3rd.

Workshop Facilitator - Joan Magazine

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When the innocent play with the devil

By ANDREA SMITH

Your kids are upstairs playing when your seven-year-old daughter stumbles upon a loaded gun. She doesn't know the gun, which doesn't have its safety on, is real. You hear a loud bang and find your six-year-old son dead, with your daughter being the one who pulled the trigger.

Unfortunately, this is a true story that took place in Mississauga on Jan. 3. It is a tragedy that could have been avoided.

"Hiding your gun is a good idea, but it's not enough," says <http://users.rcn.com>, a Web page on children and guns.

Kids will climb. They will go through drawers and cabinets because children are naturally curious about everything.

"Guns are the third leading cause of death among Canadians from ages 15 to 24 following motor vehicle accidents and suicide by other means. Guns kill more youth in this age group than cancer, drowning and falls combined," says Katherine Leonard in an article entitled Firearm Deaths in Canadian Adolescents and Young Adults, which was published in an issue of Canadian Journal of Public Health in 1994.

How can we prevent this?

Surprisingly, fake guns are recovered in crime as often as real handguns.

"Don't think your gun is safe if you depend on a child's size or weight. Most children will find a way to put weight on a slide or lock," says the Web site.

Locks such as a trigger lock can be purchased at gun stores and in gun magazines, suggests the Web site.

The only successful childproofing methods are those that work against unauthorized adults.

Threading plastic-coated bicycle locking cables through the receiver and out the ejection port of many magazine-fed guns is a good idea.

Another option is to take the gun apart and put a padlock through a hole in one of the important pieces to prevent reassembly.

A lockable gun case is also a good item to buy. A gun safe is also good and will prevent theft and allow you to safely store a loaded self-defence gun.

<http://users.rcn.com> claims that locks with multiple wheel combination mechanisms should have five wheels.

They say most only come with three but these could be opened in an average of 10 minutes, by systematically trying every possible combination (there are only 1,000.)

Unfortunately, just keeping your gun locked and safe sometimes just isn't enough. Your child could just as easily find one on the street or at someone else's house.



(Photo by Andrea Smith)

Jailynn Pennock-Phillips, 2, plays with a toy gun. Guns are now the third leading cause of death among Canadian youth.

According to the Web site www.guncontrol.ca, young offenders usually get their guns by stealing them or buying them illegally, or by using "fake gun" replicas, starter pistols, air guns or BB guns.

Surprisingly, fake guns are recovered in crime as often as real handguns. Some starter pistols can even be converted to fire real ammunition.

"Each year there are over 50 children under 18 who require hospitalization from air gun injuries

alone," says the Web site www.safety-council.org.

Jorbins.com says educating your children about guns even if you do not have one in your own home is a good idea.

"Tell them to stop! Don't touch. Leave the area and tell an adult."

"Children have a better chance of getting it right if their parents teach them than if they learn from television or from their peers."

"You need to talk to your children about what's important, about your values," The Web site stated.

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Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professions or in the community.

For more information or nominations forms, contact one of the following committee members:

Academic Support & Prep Studies - John McIntosh	ext. 3894
School of Applied Arts - Mike Thurnell	ext. 3223
School of Business - Diane Kraft-MacDonald	ext. 3850
School of Engineering Technology - Rudy Hofer	ext. 3832
School of Health & Community Services - Titia Taylor	ext. 3392
School of Health & Community Services - Stephanie Futher	ext. 3905
School of Trades & Apprenticeship - Greg White	ext. 3831
Chair, Professional Development - Edith Torbay	ext. 3381

Nominations open on January 13, 2003
Nominations close on March 14, 2003

Stephen King lurks around LRC

By BLAKE GALL

In need of a break from studying? Tired of reading about human biology or political history? Want something a little lighter on the brain? Look no further than the Learning Resource Centre (LRC) here at Conestoga College.

Upon entering the LRC students are overwhelmed by the endless shelves of textbooks. Many would never imagine that there could actually be a non-school-related book in the room. Contrarily, popular novels are at your fingertips if you take the time to look.

Shari Gross, library technician at Conestoga, gladly pointed out an entire section of novels located at the back of the LRC.

"All the books are donated by students or faculty," Gross said. Therefore, none of the school's funding is spent on these lighter reads.

John Grisham has found his way into Conestoga with his best-selling novels The Pelican Brief, The Firm and A Painted House, just to mention a few. Whether you are studying law or not, Grisham novels are always a nice change from the more frequently used Canadian Criminal Code.

Stephen King, a man who has scared readers for many years, has a few novels kicking around too. Insomnia, It and Needful Things, all number 1 best sellers, can be found right here on campus. If you need to add some excitement to your day, King's thrillers are

usually a good choice.

Need a little romance? Why not sign out a Danielle Steel classic. Steel has graced Conestoga with her American best-sellers Vanished, Accident and Star. The accomplished author can add a little love to your day, which could definitely help students relieve some stress.

There are also novels from classic authors such as Tom Clancy. He can be found in the form of his best-sellers Debt of Honor and Net Force. Or perhaps you'd like to read Clancy's creation with Steve Pieczenik Op-Center: Mirror Image.

Dean Koontz has a few novels worth checking out in the LRC. The Door to December, Hideaway and Mr. Murder are just a couple of his works that are available. Koontz novels tend to have a unique sex appeal that some students would enjoy.

"Sometimes I just need a break from all the clutter in my head," said Katherine McIntyre, 20, a third-year nursing student. McIntyre took a break with Grisham's The Pelican Brief.

The list of talented authors goes on. The LRC welcomes any unwanted novels from students and faculty. If an old book is taking up shelf space at home, drop it off and share that read with someone else.

The LRC is not just a study hall; instead it can be a retreat if you dig far enough. So, if you're yearning for an escape from reality, make your way to the LRC, but don't worry, there won't be a pop quiz on these books.



Tired of trying to figure things out all by yourself?

Then Peer-Supported Learning Groups can help!

What is an SLG?

Supported Learning Groups are a series of weekly group study sessions. They are provided for all students who want to improve their understanding of course material and improve their grades. For you, SLG's are a chance to meet with other students in your class to compare notes, discuss concepts, develop strategies and test yourselves before the instructor does. Your SLG Leader will facilitate each session.

What is an SLG Leader?

SLG Leaders are students who have taken the course in the recent past and done well. They are prepared to share with you what they have learned about how to study this course and how to better retain what you learn. What they won't do is lecture; their job is to help you think about the material you hear and read.

What courses have SLG's?

In the winter semester, SLG's will be offered in:
Business Math 2
Engineering Technology Math 2 (MET Math 2, not available)

* NOTE: not all requests can be filled because (1) we may not have someone who can lead the group, or (2) we may not be able to resolve schedule conflicts.

When do SLG sessions start?

SLG sessions start shortly after the beginning of the term. Session schedules will be announced in class, posted around the campus and advertised in Spoke. Each Leader will set up review sessions, and you can attend as many as you like. Bring your notes; bring your textbooks; bring your questions.

What's in it for me?

Chances are you will receive a better grade if you attend regularly. You will have developed a better understanding of the course content and more effective ways of studying. To find out more, contact Student Services.

You are responsible for your own education - if you don't understand something, ASK!

Metro serves up family atmosphere

By VALENTINA RAPORT

The Metro Restaurant specializes in homemade food and a true family welcome.

The restaurant, which opened in 1961 and is located at 164 Victoria St. N., in Kitchener, is growing more popular everyday. Owner Iva Rous, who has been running the restaurant with her husband for the past six years, first started working at the restaurant as a cook. Having immigrated to Canada from Prague in the Czech Republic, Rous and her family have added an authentic Eastern European spin to the restaurant's cuisine and design.

As I walked into the Metro the words home sweet home came to mind as the aroma of fresh food cooking and the sound of soft instrumental music enveloped me. The restaurant, although small, is cosy and consists of three different decorated rooms.

To the left is the more casual dining room, where most patrons are sat. Dominated by wood furnishing and booths separated by glass dividers, it resembles a chalet with a European twist.

The room on the right is more of a fine dining room, with cloth-covered tables and traditional dishes from Prague displayed on the walls. Its dominant pink and blue colours scream authenticity and harmonize with the big painting of Prague on the back wall.

The third room, located at the back of the restaurant, is where the bar is located. Resembling a pub atmosphere, the wooden floors and bar dominate the room. Tables and booths are separated by textured arches, which are decorated by hanging plants of all sizes.

My guest and I were seated quickly in the first room and were offered drinks right away. The service was warm and efficient. The real treat, however, came once I opened my menu. Known for the "best schnitzel in town" (as the sign in front of the restaurant reads), the choices of schnitzels seemed endless. There were 17 dif-



(Photo by Valentina Raport)

Stanya Rous, who has been working at the Metro Restaurant in Kitchener for 17 years, shows off one of the platters offered at the restaurant. The combination plate consists of schnitzel, ribs, cabbage rolls and red cabbage. The restaurant is known for having "the best schnitzel in town."

ferent types of veal schnitzels, all of which could be changed to chicken for \$2.

Other entree choices included perogies, ribs, cabbage rolls, smoked sausage and pigtails. Prices range from \$11.55 to \$16.95. All entrees are served with a choice of Caesar salad or soup, garlic bread and a choice of potatoes, (mashed or home fries) and vegetables. Vegetable choices included red cabbage, coleslaw, sauerkraut, applesauce or cooked carrots.

Soups, salads and light meals, such as schnitzel on a bun and filet of sole, are also available ranging from \$7.95 to \$8.95.

My guest and I ordered the platter for two at \$25. The meal included three different types of schnitzel: the Vienna, a plain schnitzel, the Meander Schnitzel, which is topped with barbecue sauce and melted cheese, and the Gypsy Schnitzel, which is topped with grilled onions,

green peppers, mushrooms, tomatoes and bacon. We chose mashed potatoes as well as a side of red cabbage and sauerkraut.

Knowing the food is prepared when it's ordered (as specified on the sign seen at the entrance) we expected to wait at least 20 minutes for our food. To my surprise, the main course was served only 10 minutes after our soup, salad and garlic bread starters, which arrived at the table only five minutes after our order was taken.

The size of the platter for two was unbelievable. Served on a turkey-sized oval plate, the three huge portions of schnitzel were accompanied by what seemed to be mountains of mashed potatoes. It looked wonderful, and better yet, smelled fresh and delicious.

The schnitzel was warm and most of all, full of flavour. The mixture of toppings on each schnitzel seemed just right as one was salty, the other sweet and the third plain.

In addition, both the red cabbage and sauerkraut added a zest to the rest of the platter. The mashed potatoes were fresh and topped with melted butter.

Overall it was fantastic. My guest and I were extremely impressed. While the fruit and ice cream stuffed Palacinky (crepes) on the dessert menu seemed appealing, there simply wasn't enough room. The meals themselves were more than enough and a doggy bag came to our rescue.

The combination of cosy atmosphere, fantastic food and friendly, efficient service made it an outstanding dining experience. The sign outside the restaurant sure doesn't lie.

American Idol heads north

By REBECCA LEARN

A completely Canadian version of the show American Idol is coming to CTV, with contestants from Newfoundland to British Columbia vying for stardom.

The show is being aired immediately after the second season of American Idol, which begins Jan. 21, wraps up.

The show has also had versions in Poland and South Africa, giving Alicja Janosz (Poland) national stardom and Heinz Winckler (South Africa) a single which went platinum according to a media release on ctv.ca.

It will be similar in many ways to the American series but with all-Canadian talent. "Canada has a rich history when it comes to music. I can't wait to see the finalists for Canadian Idol. CTV is proud to bring the next Canadian superstar to the world," said Susanne Boyce, president of programming and chair of the media group for CTV, in the media release.

The names of the finalists and judges have not been released yet but, "The series would likely be in competition not only with its American cousin, but with Popstars on Global TV, which plans to search for a solo artist in its next round," said a Canadian Press article in the Hamilton Spectator on Oct. 17, 2002. If the show is successful and there are more seasons, it may take some Canadian viewers away from American Idol.

All we can do now is wait and see which one will win the ratings race.

MULTICULTURAL SUPPORT GROUP

WOULD YOU LIKE TO:

- > Meet new people?
- > Discuss issues related to being in a new country?
- > Share information about your own culture?
- > Learn more about Canadian culture?

This group will run once a week beginning the week of February 3rd.

Please sign up for the group in Student Services (Room 2B02) before January 31st.

Group Facilitator: Keith Martin
748-5220 ext. 3487



PUBLIC SPEAKING ANXIETY WORKSHOP

MEETS FOR 4 SESSIONS

To register bring a copy of your timetable and sign up in STUDENT SERVICES (2B02) before Friday, January 31st.

Common hours will be selected from submitted student timetables.

This group is available beginning the week of February 3rd.

Workshop Facilitator - Shawna Bernard

Love and catastrophe mixes in Just Married

By ANDREA SMITH

Marriage and your honeymoon are two things that every girl dreams about. They should be perfect, beautiful and two of the happiest times of your life.

Unfortunately, for Tom Leezak (played by Ashton Kutcher) and Sarah McNeary (played by Brittany Murphy) everything that could go wrong, goes wrong and more, in the hysterical first comedy of the year. Just Married.

The film, which debuted on Jan. 10, contains everything from a dead dog and bloody noses on a wedding night to fooling around in a small "frequently used" airplane bathroom.

The story is told by Tom while he reflects on how his marriage to Sarah could have turned so sour so fast.

The couple shocks their peers by, after just one month, moving in together. Nine months later they surprise them once again, only this time with marriage.

Everyone warns them that they are too young and they need to find out who they are before they settle down but the two lovebirds insist that their love for each other is enough.

Problems begin on their wedding night when they find that they are both too tired and are unable to make love.

Problems continue when they arrive in Europe for their honeymoon and they burn down an expensive honeymoon suite with a sex toy.

From then on nothing seems to go right as they are forced to spend a night in a slinky hotel with cockroaches and, to top it all off, Sarah's rich ex-boyfriend Peter Prentiss, played by Christian Kane, shows up at their



(Internet photo)

Sarah (Brittany Murphy) and Tom (Ashton Kutcher) try in vain to bring some romance to their troubled honeymoon in Just Married.

hotel and tries to win her back.

The movie is your typical love story with humorous twists that anyone would enjoy.



Girls will love the movie because of the romantic love story and guys will love the sick "fart jokes."

I found myself laughing throughout the movie, even at the cheesy sex jokes.

Of course, along with your typical love story must come your typical sweet ending that makes you want to throw up on the person in front of you.

Unfortunately I was sitting in the front row. The theatre was packed and people were even lined up to see the next show.

So if you want a good seat, show up early.

Director Shawn Levy does a fabulous job of bringing an otherwise everyday subject that has been done to death in Hollywood to life with unexpected turns and hilarious moments.

It is a movie that everyone can relate to if they have ever had a vacation "go wrong."

In my book it deserves three out of five stars.

An explanation of emo music

By NICK HORTON

Alternative, industrial, ska, rap - what do all these have in common? They're not emo, or are they?

According to a Web site entitled "What the heck is emo anyway?" (www.fourfa.com), it is hardcore punk music that has been broken down and re-tooled into guitar-oriented, mid-tempo, rock-based sound with emotional punk vocals.

"Emo," is an acronym for emotional. This explains the style and substance of the rhythms and lyrics involved in emo music.

Nick Faulkner, an avid emo fan and second-year computer-programming student, explains.

"As far as sound goes, it's normally a punk sound, although a couple of indie bands have come in and made it more mellow, but there are a lot of hardcore bands that have emotional lyrics and are considered emo or 'emo core,'" he said.

Still confused? Here is a little history lesson.

The term originates from the Washington, D.C. punk scene back in 1984. This "DC sound" as it was called, was made up of bands who

played a more emotional form of punk music than the established style.

The largest influence on emo was said to come when Minneapolis, Minn. natives Husker Du released the album Zen Arcade.

Zen Arcade mapped out the early style of emo for inspiring bands. Husker Du provided intense lyrics with intricate beats to form a "hardcore" sound with substance and emotion.

This is where the term "emo core" originated.

The next stage in emo came two years later with bands such as Moss Icon, Policy of Three, and Indian Summer.

They took "emo core" and turned the volume up. Concerts for such bands and other emo bands to come would now frequently end with the audience screaming or crying.

Because of the emotion let out by fans at concerts, emo supporters started to get a bad rap by other music fanatics who called them wimps or weaklings.

Now fast-forward to present day. The term "emo" now encompasses

so many bands and so many types of music that the term is almost irrelevant.

Many of the fans that earlier felt emo was for the weak, find themselves listening to it.

"The 'hardcore' emo fan will wear pretty tight clothing, mod dressing, and pea coats.

They will also wear black square-rimmed glasses like the guys in Weezer," said Faulkner.

He added many fans put a period before and after their user name for Internet chat programs such as ICQ or MSN to show other users they like emo music.

Boxcar Racer, a band formed recently by Tom DeLonge and Travis Barker of Blink 182, seems to be a way for DeLonge and Barker to vent their emotions.

Emo is not the image of Blink 182, although the band did produce a few emo songs, one aptly named Stay Together for the Kids, which turned out to be a huge success.

"There are always going to be those 'made' bands that play emotional rock music like Boxcar Racer, who are obviously crap," said Faulkner.

Horoscope

Week of January 20 - 26



Happy
Birthday
Aquarius

New pressures in your life may put a damper on your birthday celebration. Try to make the best of any situation presented to you.



Aries
March 21 - April 18

Expect a change in your daily routine. You could be offered an opportunity to start something which is a little more creative.



Taurus
April 20 - May 20

An authority figure will be a little more controlling than you would like. The best way to avoid confrontation is to agree with him or her.



Gemini
May 21 - June 21

Lots of issues going on in your life could be a little overwhelming. Deal with every problem individually, don't combine your stressors.



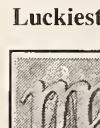
Cancer
June 22 - July 22

A sudden change will cause you to stop and re-evaluate your situation. Don't be too upset at what's happening, things will be better later.



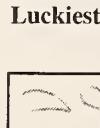
Leo
July 23 - August 22

A peer or authority figure is going to be making trouble for you. Don't let this person tell you how to run your life, stand up for yourself.



Virgo
August 23 - September 23

All the stressors in your life could really start adding up. Try to deal with each problem individually and you should feel better.



Libra
September 24 - October 22

If things are chaotic right now deal with each issue separately. If you combine your projects and stressors things will only get worse.

Luckiest day: January 26.



Scorpio
October 23 - November 21

Balance will be coming into your life in some manner. To maintain this, keep on top of your work and finances.

Luckiest day: January 22.



Sagittarius
November 22 - December 21

An ongoing battle at work or school could become more stressful. But don't back down to authority, stand your ground.

Luckiest day: January 26.



Capricorn
December 22 - January 19

Your caring nature is going to be drawing people who need help to you. They are looking for an honest answer, so give it to them.

Luckiest day: January 22.



Aquarius
January 20 - February 18

Several stressors in your life could be starting to take their toll on you. The best way to fix this is to deal with each issue separately.

Luckiest day: January 22.



Pisces
February 20 - March 20

Everything's going your way. You will have a really good week. If you maintain a positive outlook, your good fortune could last a while.

Luckiest day: January 21..



Daniel Roth is a third-year journalism student who has studied clairvoyant issues for four years.

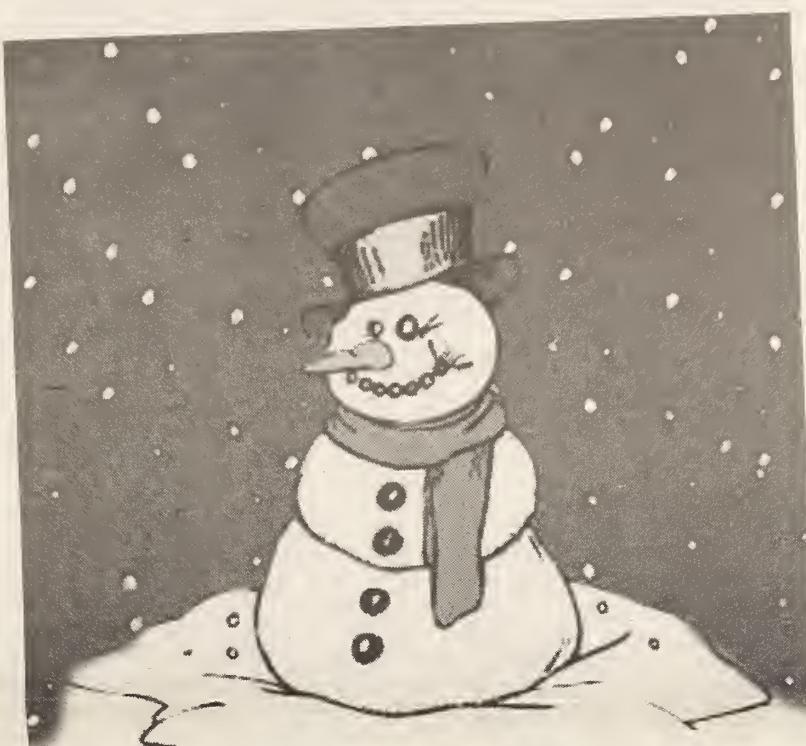
Physical Activity How much? How often?

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LIBRARY Physical Activity Guide

The Carnival is coming

Welcome the winter semester and chase away the winter blahs with the CSI Winter Carnival on January 30



Party at the pond with free activities and warm beverages while you watch the annual Polar Plunge

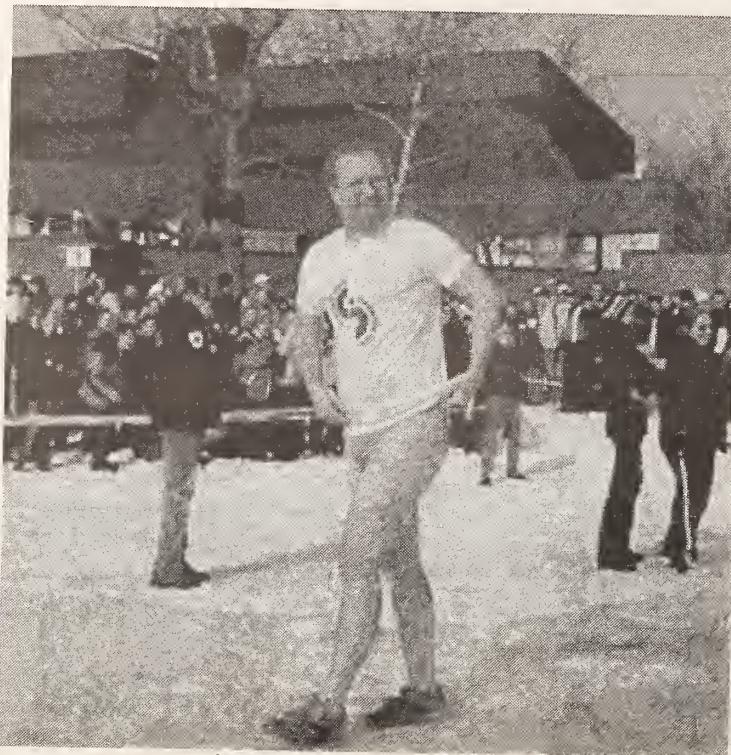
Festivities begin at 11am

**C O N E S T O G A
S T U D E N T S I N C.**

All events this day will be
determined by weather

Want to go swimming?

Swimmers are required for the annual CSI Polar Plunge for the Heart and Stroke Foundation



Be like this guy and plunge!

Kick off Heart and Stroke month on January 30

Grab a sign-up sheet from CSI

Challenge your classmates and teachers

C O N E S T O G A
S T U D E N T S I N C.

Think you can miss the rush of a lifetime on
January 30?

Think again

Make the plunge. Make a difference!

